

THE
FAMILY PHYSICIAN,

CONTAINING SOME OF
THE MOST APPROVED RECEIPTS AND OPINIONS,

OF

SYDENHAM,	BUCHAN,	SAMPSON,
TISSOT,	HARRIS,	ELLIOT,
FOTHERGILL,	MEAD,	COOKE, &c. &c.

ARRANGED ALPHABETICALLY,

AND DESIGNED AS

AN ASSISTANT
FOR ALL LABOURING UNDER DISEASES;

but more especially for

THOSE WHOSE CIRCUMSTANCES WILL NOT AFFORD
THEM THE BENEFIT OF APPLYING TO
GENTLEMEN OF THE

PHYSICAL FACULTY.

MANCHESTER:

PRINTED BY G. BANCKS.

1798.

641 808 4 Aug 149
FH 4 Aug 149

PREFACE.

THE Intention of the following sheets, is to assist those People who live at too great a distance from Gentlemen of the Physical Faculty to receive their immediate Assistance; and likewise to enable others, whose Circumstances will not afford them the Benefit of applying to these Gentlemen, to procure for themselves a plain, rational, and easy Method of Cure. With this view, in order to be as clearly understood as is consistent with the Nature of this Subject, here will be, with all possible care, excluded all those technical Terms, those tedious and too fruitless Disquisitions into the causes of Diseases, which so frequently occur in Treatises of this kind, and generally contribute more to perplex the Judgment than inform the Understanding; and the Reader will be directed to the sole and ultimate End of Medicine.

ENQUIRIES

TO BE MADE RELATIVE TO THE PATIENT.

BEFORE we undertake to point out a method of cure for any disorder, it is absolutely necessary we should be thoroughly acquainted with the patient's case. In order to this, we should enquire in what manner, and how long ago the patient was seized; and listen attentively, without interruption, to his detail. This being at an end, it will be necessary to consider how far the season of the year and temperature of the weather, might conduce to the disease. We may then begin our enquiries; the principal of which ought to be concerning the age, way of life, and habit of body of the patient; likewise whether the disease be hereditary or acquired; whether primary (of itself,) or symptomatic (proceeding from another). The natural secretions must likewise be closely attended to, viz. the Colour and Quantity of the Urine, the frequency and appearance of the Stools, and the degree of Perspiration. When you are clear in these particulars, the Pulse itself must undergo a strict examination. Taking a review of these appearances, and having summed up the case within ourselves, a little thought and circumspection

spection will easily direct us to the choice of medicines proper for the cure of many diseases : but in all complicated cases, and where several disorders run counter to one another, as it requires a very nice method of treatment, I must caution you to call in the opinion of some able and regular practitioner as soon as possible.

Of the PULSE.

THE motions of the Pulse are four ; great and little, quick and slow. When we meet with a great or full pulse, we may be certain there is a Plethora, or too great a fullness of the blood-vessels. In this case, bleeding will generally be necessary (unless in the putrid sore Throat, and a case or two more) and more especially if the Pulse seems to labour, as if oppressed, at the same time. Likewise, where quickness and greatness are joined together, it becomes violent, and denotes a greater afflux of blood to the heart, and consequently an increased circulation in the arteries. A little and slow pulse denotes the contrary. The circulation is carried on more slowly, and the heart is deficient in its due quantity of blood. Hence proceeds great weakness and dejection of spirits. A little and weak Pulse generally attends on Hectic or Nervous Fevers ; but this difference of treatment is required, that in the first case bleed-

ing

ing will be often found necessary, in the latter seldom or ever will. There are two others; the low and tremulous, and the intermitting pulse: The former is found chiefly in dying persons, whilst those who have the latter, seldom, if ever, recover. A convulsion of the tendons generally attends on both.

Before we leave this subject, it will not be improper to acquaint you, that the Pulse generally in an healthy person beats seventy strokes in a minute; but as age, season, air, exercise, &c. have great influence on the Pulse, proper allowances, where it varies, ought to be made.

Of the BLOOD.

THE state of the patient is often to be discerned from the state of the Blood. Whenever, therefore, concomitant symptoms have rendered bleeding necessary, as soon as the mass is cold it ought to be carefully examined; and to the end that the colour and consistence of it may represent its real state, it will be absolutely necessary that the operator should make a large orifice, and that the stream should not trickle down, but flow off the arm. These are very material points, and unless observed may lead the prescriber into a great error;

ror: for we find that blood drawn from a small orifice, or that runs down the arm, very seldom appears inflamed, though perhaps at the same time it is in a most inflammatory state.

The general appearances of blood are as follow.

Thick, black Blood, having but little serum, cannot circulate freely through the smaller vessels. This kind therefore should be amended with Nitre, Volatiles, and Diluters, bleeding being premised. Although it be florid, instead of black, yet, if serum is wanting, the same method should be pursued. When the blood is florid, and too thin, especially if serum be wanting, we may certainly conclude, its crasis is in a great measure dissolved. This must be remedied by nourishing food, agglutinants, strengtheners, &c.

When the Blood, being cold, appears with a thick buff upon it, like melted suet, it is a symptom of the Pleurisy, Acute Rheumatism, and all Inflammatory Fevers. This is the general received opinion; though a very eminent Physician in London, declared a few years ago before a company of medical gentlemen, "That he looked
" on the buff-colour to denote rather a dissolved
" than an inflamed state of the Blood." When it appears black, thick, and grumous, with a
greenish

greenish surface on it, it is a symptom of the Scurvy; if it abounds with too much serum, it shews that Perspiration is too small; and if the urine made at the same time is but little in quantity, it threatens an universal bad habit of body, and also the Dropsy. If the serum appears intensely yellow, so as to tinge linen, we may be certain that the bile is not properly secreted, and that the patient labours under a Jaundice. The appearance the serum sometimes puts on like so much milk, is entirely owing to the patient bleeding too soon after meals, and is nothing more than the chyle just entered into the mass of blood.

Of SWEAT.

THE matter of Sweat differs considerably from insensible Perspiration, being of a grosser texture, and passing through the larger pores. Perspiration is so absolutely necessary both as to matter and quantity, to the well-being of the human body, that a disease can neither be removed nor health maintained, except it be rightly performed. As it is so beneficial in its proper state, every thing that tends to diminish or encrease it beyond its due bounds must certainly disorder the animal œconomy. What is commonly called catching cold, proceeds entirely from an obstructed perspiration,

piration. To this we owe Coughs, Gout, Rheumatism, Catarrhal, continual, and all inflammatory Fevers, &c. But not in its obstructed state only is it attended with ill consequences, but likewise when it is greatly increased. Hence people of a bad habit of body are often troubled with spontaneous sweats on the least motion or exercise. Those who have Slow Fevers have profuse Sweats after sleeping, consumptive people excessively violent when asleep, and racking Cholics are attended with cold clammy sweats. In every disease therefore, where perspiration is not regularly carried on, it is the business of a good Physician to bring it as near as possible to that state it was in, when the patient was in perfect health.

Of the TONGUE.

THE tongue has some share likewise in giving us an insight into the nature of some diseases. Thus in Fevers we may learn from its appearance the degree of inflammation, or whether there is a tendency to putrefaction. The appearances it generally puts on, when in a diseased state, are as follow—Red, white, black, inflamed and swelled, dry, rough, and chapped. These may be variously joined together, as red and dry, black and rough, &c. When the tongue appears red and dry,
it

it is a symptom of a fever of the nervous kind ; if dark brown or black, of the putrid kind ; if white, of most inflammatory Fevers, especially in their first stage ; when it is inflamed and swelled, the patient labours under a Quinsy ; its dryness, roughness and chaps, demonstrate the excessive internal heat of the patient, and are the general attendants on inflammations of the Stomach and Bowels. Persons bit by a mad dog have their tongues swollen and rough, and sometimes hanging out of their mouths.

We have now gone through the different appearances the Tongue puts on in a diseased state ; and, if we consider the consequences that are deducible from each, we shall find that the only discovery we can make from it is, how far the disease may tend to the inflammatory, or else to the putrid kind.

Of the URINE and STOOLS.

THE Urine is chiefly composed of the serum of the blood, loaded with many salts, some sulphur, and likewise earth. After it has stood some time to cool, you will find it divided into three different sorts of substances. The pellicle or skin on its surface, the cloud which hangs in the middle, and the sediment at the bottom. These

distinctions are not evident in all Urine; but sometimes one happens, and another is not met with. The cloud which hangs in the middle is taken but little notice of by authors; their chief prognostications being formed from the appearance of the pellicle on the top, or from the sediment at the bottom.

To enable my readers to form as proper a judgment of diseases as possible, I shall in the first place, set down some general rules in regard to Urine, and afterwards descend to more particular appearances, reduced into as concise a method as the nature of the thing will admit of.

Light, thin, watery Urine, shews the person to be subject to the Hysterical Passion, Hypochondriac Pains, Heart Burn, and all Nervous or Convulsive Disorders. If the person, at the same time he makes it, labours under any violent disease, it threatens imminent danger. In all feverish heats the Urine is yellow or red, and in small quantity. In intermitting Fevers or Agues, the Urine on the sick day is thin, clear, and without sediment; on the well day it is thick, and deposits a copious sediment. In all continual Fevers, when the crisis happens, or at the turning of the Small Pox, a copious sediment shews the danger to be over.

We will now proceed to its more particular consideration.

URINE	SYMPTOMS OF
Blackish brown, - - -	Black Jaundice.
Bloody, - - - - -	{ Scurvy, Injuries on the Bladder, Gravel and Stone.
Clear, like water, - - -	{ Hysterical, Hypochondriac, and Convulsive Disorders.
Clear, thin, and red, - -	Continual Fevers.
Coffee-coloured, - - - -	Fit of the Gravel.
Crude, muddy, and pale, -	Dropsy and Green Sickness.
Difficulty of making it, -	Gravel or Stone.
Heat of and making it with pain, - - - - -	{ Inflammation of the Womb, Strangury, and Gonorrhœa
High coloured and little, -	{ Bilious Cholic, Gout and Melancholy,
Little, with a sediment like Gravel, - - -	{ Gout.
Little, thin and watery, - -	Asthma.
Made more in quantity than liquor drank, with thirst, -	{ Diabetes.
Mixt with matter, - - -	{ Whites, ulcer of the Bladder and Stone.
Pain in making of, - - -	{ Gonorrhœa, Strangury, Ulcer and Stone of the Bladder.
Saffron-coloured, staining linen,	{ Jaundice and Inflammation of the Liver.
Skin on the top, fat and bluish, the Urine red, with a sediment, - - - - -	{ Hectic Fever.
Sediment bloody in, - - -	{ Bleeding of the Ureters, Gravel and Stone.
Thick like the white of an egg,	Ulcer of the Bladder.
Ropy threads in, and clear,	Flying Gout.
Thick, and depositing a sediment, - - - - -	{ Well-day of an Ague.
White, - - - - -	{ Forerunner of Hysterical or Hypochondriac Fit.
White in children, - - -	Breeding of Teeth or Worms.

There

There are many other symptoms of Urine mentioned by authors ; but as these are the principal and only ones to be depended on, it would be unnecessary to burden the reader's memory with any more. We shall therefore, in the next place, proceed to give some observations deducible from the colour and quantity of the stools.

The Stools or Excrements, are the fibrous parts of our food mixed with gall, spittle, and other fluids. That they should be regularly discharged, is absolutely necessary to the health of the body. When, therefore, they are too frequent, they ought to be checked (unless they are critical, and serve to carry off a disease) ; and when too sparing ought to be spurred on. How to steer right between the two extremes will be found an easy matter by the present work ; and we shall remark the different judgments to be formed from their appearances. These indeed are but few, and those chiefly dependent on diseases where the stomach or bowels are intimately concerned.

Let us begin with Costiveness, which generally awaits on Jaundices, Inflammations of the Bowels, Dry Belly-achs, Hypochondriac and Hysteric Passions, Melancholy and Madness. When young children labour under it, we may be certain they are breeding teeth.

The

The Looseness, when attended with green stools, accompanies the Measles ; when with violent Gripes, foretels the Bloody Flux ; when with a violent Cough and Night-Sweats, the last stage of a consumption. When it affects children, it proceeds from bad Milk, Breeding of Teeth or Worms.

As to their colour, when they are black and stinking, they denote the Hysteric Passion ; when bloody, the Bloody Flux ; when mixed with matter, an abscess burst in the stomach or bowels ; when they come off in round greenish-black balls, like sheep's dung, they are symptoms of the Devonshire Cholic ; and when white and dry, of the Yellow Jaundice.

Having now given you a detail of Symptoms, which, if diligently attended to, will enable you to form a proper judgment of most diseases incident to the human body ; I shall in the next place lay before you a collection of approved receipts from the best authors, both ancient and modern, directing you to the medicines necessary for relief.

THE [illegible] OF [illegible]

[illegible]

BY [illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

THE
FAMILY PHYSICIAN;

OR,

The Country Lady's Benevolent Employment.

Want of Appetite.

IF want of appetite proceeds from errors in diet, or any other part of the patient's regimen, it ought to be changed. If nausea and reachings shew that the stomach is loaded with crudities, a vomit will be of service. After this, a gentle purge or two of rhubarb, or of any of the bitter purging salts, may be taken. The patient ought next to use some of the stomachic bitters infused in wine. Though gentle evacuations be necessary, yet strong purges and vomits are to be avoided, as they weaken the stomach, and hurt digestion.

Elixir of vitriol is an excellent medicine in most cases of indigestion, weakness of the stomach, or want of appetite. Twenty or thirty drops of it may be taken twice or thrice a day, in a glass of wine or water. It may likewise be mixed with the tincture of the bark; one drachm of the former to an ounce of the latter, and two teaspoonfuls of it taken in wine or water, as above.

The chalybeate waters, if drank in moderation, are generally of considerable service in this case. The salt water has likewise good effects,

B

but

but it must not be used too freely. The waters of Harrowgate, Scarborough, Moffat, and most other spas in Britain, may be used with advantage. We would advise all who are afflicted with indigestion and want of appetite, to repair to these places of public rendezvous. The very change of air, and the cheerful company, will be of service; not to mention the exercise, dissipation, amusements, &c. *Tissot. Buchan.*

The Asthma.

The paroxysm of an asthma I must leave to the physician; but, as a palliative, nothing is of so great importance in the asthma, as pure and moderately warm air. Asthmatic people can seldom bear either the close heavy air of a large town, or the sharp, keen atmosphere of a bleak hilly country: a medium, therefore, between these is to be chosen. The air near a large town is often better than at a distance, provided the patient be removed so far as not to be affected by the smoke. Some asthmatic patients indeed breathe easier in town than in the country; but this is seldom the case, especially in towns where much coal is burnt. Asthmatic persons who are obliged to be in town all day ought, at least, to sleep out of it. Even this will often prove of great service. Those who can afford it, ought to travel into a warmer climate. Many asthmatic persons who cannot live in England, enjoy very good health in the south of France, Portugal, Spain, or Italy.

Exercise is likewise of very great importance in the asthma, as it promotes the digestion, preparation of the blood, &c. The blood of asthmatic persons is seldom duly prepared, owing to the proper action of the lungs being impeded. For
this

this reason, such people ought daily to take as much exercise, either on foot, horseback, or in a carriage, as they can bear. *Buchan.*

Dr. Mead's Proscription for the Bite of a Mad Dog.

Take ash-coloured ground liver-wort, cleaned, dried, and powdered, half an ounce; of black pepper, powdered, a quarter of an ounce.. Mix these well together, and divide the powder into four doses; one of which must be taken every morning fasting, for four mornings successively, in half an English pint of cow's milk, warm.

After these four doses are taken, the patient must go into a cold bath, or cold spring or river, every morning fasting, for a month; he must be dipped all over, but not stay in (with his head above water) longer than half a minute, if the water be very cold. After this, he must go in three times a week for a fortnight longer.

The person must be bled before he begins to use the medicine. Dr. Mead asserts, that he never knew this remedy fail, although he has tried it in a thousand instances. But Dr. Buchan, and some others, suspect the Doctor's veracity in this particular.

Burns.

In slight burns, which do not break the skin, it is customary to hold the part near the fire, for a competent time; to rub it with salt; or to lay a compress upon it dipped in spirits of wine or brandy. But when the burn has penetrated so deep as to blister or break the skin, it must be dressed with some of the following liniment:—

Take equal parts of Florence oil, or of fresh drawn linseed oil, and lime-water; shake them

well together in a wide-mouthed bottle, so as to form a liniment. It may either be spread upon a cloth, or the parts affected may be anointed with it twice or thrice a day; or it may be dressed with the emollient and gently drying ointment, commonly called *Turner's cerate*. This may be mixed with an equal quantity of fresh olive oil, and spread upon a soft rag, and applied to the part affected. When this ointment cannot be had, an egg may be beat up with about an equal quantity of the sweetest salad oil. This will serve very well till a proper ointment can be prepared. When the burning is very deep, after the first two or three days, it should be dressed with equal parts of yellow *basilicum*, and *Turner's cerate*, mixed together.

When the burn is violent, or has occasioned a high degree of inflammation, and there is reason to fear a gangrene or mortification, the same means must be used to prevent it as are recommended in other violent inflammations. The patient, in this case, must live low, and drink freely of weak diluting liquors. He must likewise be bled, and have his body kept open. But if the burnt parts become livid or black, with other symptoms of mortification, it will be necessary to bathe them frequently with warm camphorated spirits of wine, tincture of myrrh, or other antiseptics, mixed with a decoction of the bark. In this case, the bark must be taken internally, and the patient's diet must be more generous. *Buchan.*

Colds.

Colds are well known to be the effects of an obstructed perspiration. We shall not spend our time in enumerating all the various symptoms of
colds,

colds, as they are pretty generally known. It may not, however, be amiss to observe, that almost every cold is a kind of fever, which only differs in degree.

No age, sex, or constitution, is exempted from this disease; neither is it in the power of any medicine or regimen to prevent it. The inhabitants of every climate are liable to catch cold, nor can even the greatest circumspection defend them at all times from its attacks. Indeed, if the human body could be kept constantly in an uniform degree of warmth, such a thing as catching cold would be impossible; but as that cannot be effected by any means, the perspiration must be liable to many changes. Such changes, however, when small, do not affect the health; but when great, they must prove hurtful.

When oppression of the breast, a stuffing of the nose, unusual weariness, pain of the head, &c. give ground to believe that the perspiration is obstructed, or, in other words, that the person has caught cold, he ought immediately to lessen his diet, at least the usual quantity of his solid food, and to abstain from all strong liquors. Instead of flesh, fish, eggs, milk, and other nourishing diet, he may eat light bread pudding, veal or chicken broth, panada, gruels, and such like. His drink may be water gruel sweetened with a little honey; an infusion of balm, or linseed sharpened with the juice of orange or lemon; a decoction of barley and liquorice with tamarinds, or any other cool, diluting, acid liquor.

Above all, his supper should be light; as small posset, or water gruel sweetened with honey, and a little toasted bread in it. If honey should disagree with the stomach, the gruel may be sweetened

ened with treacle or coarse sugar, and sharpened with the jelly of currants. Those who have been accustomed to generous liquors, may take wine whey instead of gruel, which may be sweetened as above.

The patient ought to be longer than usual in bed, and to encourage a gentle sweat, which is easily brought on towards morning, by drinking tea, or any kind of warm diluting liquor. I have often known this practice carry off a cold in one day, which in all probability, had it been neglected, would have cost the patient his life, or have confined him for some months. Would people sacrifice a little time to ease and warmth, and practise a moderate degree of abstinence, when the first symptoms of a cold appear, we have reason to believe, that most of the bad effects which flow from an obstructed perspiration, might be prevented. But after the disease has gathered strength by delay, all attempts to remove it, often prove vain. A pleurisy, a peripneumony, or a fatal consumption of the lungs, are the common effects of colds, which have either been totally neglected, or treated improperly.

It is certain, however, that colds may be too much indulged. When a person, for every slight cold, shuts himself up in a warm room, and drinks great quantities of warm liquor, it may occasion such a general relaxation of the solids, as will not easily be removed. It will therefore be proper, when the disease will permit, and the weather is mild, to join to the regimen mentioned above, gentle exercise; as walking, riding on horseback, or in a carriage, &c. An obstinate cold, which no medicine can remove, will yield
to

to gentle exercise, and a proper regimen of the diet. *Tiffot. Buchan. Fothergil.*

The Cholick.

Cholicks, which proceed from excess and indigestion, generally cure themselves, by occasioning vomiting or purging. These discharges are by no means to be stopped, but promoted by drinking plentifully of warm water, or weak posset. When their violence is over, the patient may take a dose of rhubarb, or any other gentle purge, to carry off the dregs of his debauch.

Cholicks which are occasioned by wet feet, or catching cold, may generally be removed at the beginning, by bathing the feet and legs in warm water, and drinking such warm diluting liquors as will promote the perspiration, as weak wine whey, or water gruel with a small quantity of spirits in it.

These flatulent cholicks, which prevail so much among country people, might generally be prevented, were they careful to change their clothes when they get wet. They ought likewise to take a dram, or to drink some kind of warm liquor, after eating any kind of green trash. We do not mean to recommend the practice of dram-drinking, but in this case ardent spirits prove a real medicine, and indeed the best that can be administered. A glass of good peppermint-water will have nearly the same effect as a glass of brandy, and in some cases is rather to be preferred.

The bilious cholic is attended with very acute pains about the region of the navel. The patient complains of great thirst, and is generally costive. He vomits a hot, bitter, yellow-coloured bile, which being discharged, seems to afford some relief,

lief, but is quickly followed by the same violent pain as before. As the distemper advances, the propensity to vomit sometimes increases so as to become almost continual, and the proper motion of the intestines is so far perverted, that there are all the symptoms of an impending iliac passion.

If the patient be young and strong, and the pulse full and frequent, it will be proper to bleed; after which clysters may be administered. Clear whey or gruel, sharpened with the juice of lemon, or cream of tartar, must be drank freely. Small chicken broth, with a little manna dissolved in it, or a slight decoction of tamarinds, are likewise very proper; or any other thin, acid, opening liquor.

In the bilious cholic, the vomiting is often very difficult to restrain. When this happens, the patient may drink a decoction of toasted bread, or an infusion of garden mint in boiling water. Should these not have the desired effect, the saline draught, with a few drops of laudanum in it, may be given, and repeated according to the urgency of the symptoms. A small quantity of Venice treacle may be spread in form of a cataplasm, and applied to the pit of the stomach. Clysters, with a proper quantity of Venice treacle or liquid laudanum in them, may likewise be frequently administered.

The general treatment of the nervous cholic is so nearly the same with that of the iliac passion, or inflammation of the guts, that we shall not insist upon it. The body is to be opened by mild purgatives given in small doses, and frequently repeated; and their operation must be assisted by soft oily clysters, fomentations, &c. The castor oil is reckoned peculiarly proper in this disease.

It

It may both be mixed with the clysters, and given by the mouth. *Arbuthnot. Buchan.*

Consumption.

This disease generally begins with a dry cough, which often continues for some months. If a disposition to vomit after eating be excited by it, there is still greater reason to fear an approaching consumption. The patient complains of a more than usual degree of heat, a pain and oppression of the breast, especially after motion; his spittle is of a saltish taste, and sometimes mixed with blood. He is apt to be sad: his appetite is bad, and his thirst great. There is generally a quick, soft, small pulse; though sometimes the pulse is pretty full, and rather hard. These are the common symptoms of a beginning consumption.

Next to proper air and exercise, we would recommend a due attention to diet. The patient should eat nothing that is either heating, or hard of digestion; and his drink must be of a soft and cooling nature. All the diet ought to be calculated to lessen the acrimony of the humours, and to nourish and support the patient. For this purpose he must keep chiefly to the use of vegetables and milk. Milk alone is of more value in this disease than the whole *materia medica*.

I have known very extraordinary effects from asses milk in obstinate coughs, which threatened a consumption of the lungs; and do verily believe, if used at this period, that it would seldom fail; but if it be delayed till an ulcer is formed, which is generally the case, how can it be expected to succeed?

Some extraordinary cures in consumptive cases have been performed by women's milk. Could

C

this

this be obtained in sufficient quantity, I would recommend it in preference to any other. If the patient can suck it from the breast, it is better than to drink it afterwards. I knew a man who was reduced to such a degree of weakness in a consumption, as not to be able to turn himself in his bed. His wife was at that time giving suck, and, his child happening to die, he sucked her breasts, not with a view to reap any advantage from the milk, but to make her easy. Finding himself, however, greatly benefited by it, he continued to suck her till he became perfectly well, and is at present a strong and healthy man.

Cows milk is most readily obtained of any ; and though it may not be so easily digested as that of asses or mares, it may be rendered lighter, by adding to it an equal quantity of barley-water, or allowing it to stand for some hours, and afterwards taking off the cream. If it should, notwithstanding, prove heavy on the stomach, a small quantity of brandy or rum, with a little sugar, may be added, which will render it both more light and nourishing.

For the patients's drink, we would recommend infusions of the bitter plants, as ground-ivy, the lesser centaury, camomile flowers, or water trefoil. These infusions may be drank at pleasure. They strengthen the stomach, promote digestion, rectify the blood, and at the same time answer all the purposes of dilution ; and quench thirst much better than things that are luscious or sweet. But if the patient spits blood, he ought to use, for his ordinary drink, infusions or decoctions of the vulnerary roots, plants, &c. *Steevens. Tissot. Buchan.*

Chilblains.

Chilblains.

Chilblains often attack children in cold weather. They are generally occasioned by the feet or hands being kept wet or cold, and afterwards suddenly heated. When children are cold, instead of taking exercise to warm themselves gradually, they run to the fire. This occasions a sudden rarefaction of the humours, and an infraction of the vessels; which being often repeated, the vessels are, at last, over-distended, and forced to give way.

To prevent it, violent cold and sudden heat must be equally avoided. When the parts begin to look red and swell the patient ought to be purged, and to have the affected parts rubbed frequently with mustard and brandy, or something of a warming nature. They ought likewise to be covered with flannel, and kept warm and dry. Some apply warm ashes betwixt cloth to the swelled parts, which frequently help to reduce them. When there is a sore, it must be dressed with Turner's cerate, the ointment of tutty, the plaster of cerus, or some other drying ointment. These sores are indeed troublesome, but seldom dangerous. They generally heal as soon as the warm weather sets in. *Buchan.*

Costiveness.

Costiveness is increased by keeping the body too warm, and by every thing that promotes the perspiration; as wearing flannel, lying too long in bed, &c. Intense thought, and a sedentary life, are likewise hurtful. All the secretions and excretions are promoted by moderate exercise

without doors, and by a gay, cheerful, sprightly temper of mind.

Those who are troubled with costiveness, ought, if possible, to remedy it by diet, as the constant use of medicine for that purpose is attended with many inconveniencies, and often with bad consequences. I never knew any one get into a habit of taking medicine for keeping the body open, who could leave it off. In time, the custom becomes necessary; and generally ends in a total relaxation of the bowels, indigestion, loss of appetite, wasting of the strength, and death.

When the body cannot be kept open without medicine, I would recommend gentle doses of rhubarb to be taken twice or thrice a week. This is not near so injurious to the stomach, as aloes, jalap, or the other drastic purgatives so much in use. Infusions of senna and manna may likewise be taken, or half an ounce of soluble tartar dissolved in water gruel. About the size of a nutmeg of lenitive electuary, taken twice or thrice a day, generally answers the purpose very well. *Cole, 377.*

Common Cough.

A cough is generally the effect of a cold, which has either been improperly treated, or entirely neglected. When it proves obstinate, there is always reason to fear the consequences, as this shews a weak state of the lungs, and is often the fore-runner of a consumption.

When the cough is not attended with any degree of fever, and the spittle is viscid and tough, sharp pectoral medicines are to be administered; as gum ammoniac, squills, &c. Two table spoonfuls of the solution of gum ammoniac may be

be taken three or four times a day, more or less, according to the age or constitution of the patient. Squills may be given various ways; two ounces of vinegar, the oxymel, or the syrup, may be mixed with the same quantity of simple cinnamon water; to which may be added an ounce of common water, and an ounce of balsamic syrup. Two table spoonfuls of this mixture may be taken three or four times a day.

A syrup made of equal parts of lemon-juice, honey, and sugar-candy, is likewise very proper in this kind of cough. A table spoonful of it may be taken at pleasure.

In obstinate coughs, proceeding from a flux of humours upon the lungs, it will often be necessary, besides expectorating medicines, to have recourse to issues, setons, or some other drain. In this case I have often observed the most happy effects from a Burgundy pitch plaster applied between the shoulders. I have ordered this simple remedy in the most obstinate coughs, in a great number of cases, and in many different constitutions, without ever knowing it fail to give relief, unless there were evident signs of an ulcer in the lungs.

But coughs proceed from many other causes besides defluxions upon the lungs. In these cases the cure is not to be attempted by pectoral medicines. Thus, in a cough proceeding from a foulness and debility of the stomach, syrups, oils, mucilages, and all kinds of balsamic medicines do hurt. The *stomach cough* may be known from one that is owing to a fault in the lungs by this—that in the latter, the patient coughs whenever he inspires, or draws in his breath fully; but in
the

the former, that does not happen. *Tiffot. Buchanan. Chambers.*

The Cramp.

Cramps are often prevented or cured by compression. Thus cramps in the legs are prevented, and sometimes removed, by tight bandages; and when convulsions arise from a flatulent distention of the intestines, or from spasms beginning in them, they may be often lessened or cured, by making a pretty strong compression upon the *abdomen* by means of a broad belt. A roll of brimstone held in the hands is frequently used as a remedy for cramps. Though this seems to owe its effects chiefly to imagination, yet, as it sometimes succeeds, it merits a trial. When spasms or convulsive motions arise from sharp humours in the stomach and intestines, no lasting relief can be procured till these are either corrected or expelled. The Peruvian bark has sometimes cured periodic convulsions after other medicines had failed. *Cole, 378.*

The Dropsy.

Take of broom-feed, well powdered and sifted, one drachm; let it steep twelve hours in a glass and a half of good rich white-wine, and take it in the morning fasting, having first shaken it so that the whole may be swallowed. Walk after it, if you are able, or use what exercise you can without fatigue, for an hour and a half*; after which

* If the patient is too weak to use other exercise after taking the powder, the body and limbs may be rubbed with a flannel, from time to time, during the hour and a half, giving rest at intervals, according

which you must be sure to take two ounces of olive oil; and you must not eat or drink any thing in less than half an hour, or an hour, after taking the oil. Repeat this every other day, or once in three days, and not oftener, till cured; and do not let blood, or use any other remedy during the course.

Nothing can be more gentle and safe than the operation of this remedy, and it often has little or no sensible one. If the dropsey is in the body, it discharges it by urine, without any inconvenience; if it is between the skin and flesh, it causes blisters to arise on the legs, by which it will run off; but this does not happen to more than one in thirty; and in this case no plasters must be used, for they would hinder the discharge; but you must apply red cabbage leaves. If the disorder is caused by wind, it dispels the phlegm that retains the wind. It cures the dropsey in pregnant women, without injury to the mother or the infant. It also cures the asthma, consumption, and disorders of the liver. It is good for bleeding at the nose, and for venomous bites and poisons.

The efficacy of the above remedy has been proved by the cure of upwards of fifty dropfical women with child, and by that of more than three hundred other people of both sexes.

Not long since, this *recipe* was recommended to a lady, who seemed to be in, or nearly in, the

according to strength; and indeed the practice of this exercise for some minutes, every night and morning, may be of great help.

The quantities directed in the *recipe* have been given alike to men and to women; and there never has been found reason to think that they were too little for the one, or too much for the other.

last

last stage of a dropsy. She was so much swoln, that she appeared like a woman in the last month of her pregnancy, and her disorder had resisted every thing that had been done for her by the faculty. She took the broom-seed, but could not take the whole of the oil; however, in a very few months, her husband wrote a letter of thanks for her speedy and surprising recovery.

Soon after, the report of this extraordinary cure induced another lady, who was afflicted with a dropsy, to make trial of the remedy. She was not so much swoln as the former lady, but she was exceedingly emaciated, and was so weak, that she was carried like an infant into her carriage, when she went to take the air; and she had failed of relief from the advice of two of the most eminent physicians in London, who had pronounced it an ascites, with encysted water. Happily they were too liberal minded to set their faces against the remedy, as some others have since done, because it was not of their acquaintance. This lady followed the directions of the *recipe* very exactly, and was restored to health in a few months.

These successes induced the lady, at whose desire it is published, to recommend the remedy with avidity whenever occasion offered; and it has pleased God to crown her endeavours with such wonderful success, that she thinks she may venture to affirm, that she has never known it fail to cure, when taken according to the *recipe*, and while there was any degree of strength remaining; and that it is almost as certain a specific for the dropsy, as the bark is for the intermitting fever. *Cole*, 380.

The Erysipelas, or, St. Anthony's Fire.

Called in some parts the Rose, and in other the Blast, attacks persons at any period of life, but mostly those between the age of thirty and forty. Any thing which gives a sudden check to perspiration may occasion it, such as drinking cold water when the body is hot, lying in damp rooms, keeping on wet cloths or the like. It attacks any part but oftener the face and neck.

A sudden seizure with shivering, thirst, loss of strength, pain in the head and back, heat, restlessness, and a quick pulse; to which may be added vomiting, and sometimes a delirium, are the symptoms.

When the erysipelas seizes the foot, the parts contiguous swell, the skin shines; and, if the pain be violent, it will ascend to the leg, and will not bear to be touched.

When it attacks the face, it swells, appears red, and the skin is covered with small pustules filled with clear water. One or both eyes are generally closed with a swelling; and there is a difficulty of breathing. If the mouth and nostrils be very dry, and the patient drowsy, there is reason to suspect an inflammation of the brain.

If it affects the breast, it swells and becomes exceedingly hard, with great pain, and is apt to suppurate. There is a violent pain in the armpit on the side affected, where an abscess is often formed.

If in a day or two the swelling subsides, the heat and pain abate, the colour of the part turns yellow, and the cuticle breaks and falls off in scales, the danger is over.

D

When

When the erysipelas is large, deep, and affects a very sensible part of the body, the danger is great. If the red colour changes into a livid or black, it will end in a mortification. Sometimes the inflammation cannot be discolled, but comes to a suppuration; in which case fistulas, a gangrene, or mortification, often ensue.

In this disease much mischief is often done at the beginning by medicine, as well as external applications. People seeing an inflammation, think something ought to be applied, as salves, ointments, and plasters, but it is wrong: for being of an oily nature, they do harm. As it resembles the gout it is to be treated with caution, and at its first appearance care should be taken, neither to promote a suppuration, nor repel the matter too quickly. A mealy cloth applied to the parts affected, is of service; fine wool or soft flannels may be applied with safety to the part.

When it attacks the brain or face, it will be proper to bathe the feet in warm water: and poultices or sharp sinapisms may be applied to the soles of the feet. Half a drachm of nitre with four or five grains of rhubarb may be taken by the patient in his ordinary drink four times a day. Blistering plasters applied to the neck or behind the ears may prove of great service.
Buchan.

Bathing the parts with a quantity of lukewarm water and a small portion of Goulard's extract has been of service; or a poultice of white bread and water with a tea-spoon ful of the Extract in it, applied to the legs when affected.

OBSER-

OBSERVATIONS ON FITS.

As many of our fellow creatures for want of a little medical assistance are lost, any thing which may tend to save or give relief to the race of mankind, I doubt not will meet with the approbation of the humane and benevolent : not that it is intended by these remarks to injure the faculty when their assistance can be obtained, but to palliate disorders which may prove fatal without immediate relief. Bleeding is not now thought so difficult a task as formerly ; yet, it must be performed with caution, and is not, perhaps, commendable except when neglecting it the consequence will be dangerous. When a poor creature is walking along and suddenly drops, the sympathizing multitude cannot but behold with anxiety the anguish of the sufferer in a fit, where the features are distorted and the form is an object not to be known. The most dangerous of fits is the Apoplectic, which will be first spoken of ; and, secondly, the Epileptic.

Apoplexy.

Though the Apoplexy often proves fatal ; yet, by proper care it may sometimes be removed. When a person is attacked with an apoplectic fit he is suddenly deprived, to all appearance, of sense and motion : the heart and lungs however still continue to move.

Causes—A compression of the brain, occasioned by an excess of blood, or a collection of watery humours is the immediate cause : the former of which is called a *sanguine*, and the latter a *serous* apoplexy. It may be occasioned by wearing any thing too tight about the neck which prevents the

return of the blood from the head, and increases the circulation : it may be brought on also by intense study, violent passions, a luxurious diet, the sudden striking in of any eruption, suffering issues, fetors, &c. suddenly to dry up, or the stoppage of any customary evacuations, &c.

Symptoms, and method of cure.—The usual forerunners of an apoplexy are giddiness, pain and swimming of the head ; loss of memory, drowsiness ; noise in the ears ; the night mare ; a spontaneous flux of tears, and laborious respiration. When persons of an apoplectic make observe these symptoms, they have reason to fear the approach of a fit. and should endeavour to prevent it by bleeding, a slender diet, and opening medicines.

In the sanguine apoplexy, if the patient does not not die suddenly, the countenance appears florid, the face is swelled or puffed up, and the blood vessels, especially about the neck and temples are turgid ; the eyes are prominent and fixed, and the breathing is difficult and performed with a snorting noise. The excrements and urine are often voided spontaneously, and the patient is sometimes seized with vomiting.—In this case, every method should be used to lessen the force of the circulation towards the head ; by keeping the patient easy and cool, raising his head pretty high and letting his feet hang down. His clothes ought to be loosened, especially about the neck, and fresh air admitted into his chamber. His garters should be tied pretty tight, to retard the motion of the blood from the lower extremities. As soon as the patient is placed in a proper posture, he should be bled freely in the neck or arm, and, if there be occasion, the operation may be repeated
in

in two or three hours. A laxative clyster, with plenty of sweet oil, or fresh butter, and a spoonful or two of common salt in it, may be administered every two hours, and blistering-plasters applied between the shoulders, and to the calves of the legs. As soon as the symptoms are a little abated, and the patient is able to swallow, he ought to drink freely of some diluting opening liquor, as a decoction of tamarinds and liquorice, cream of tartar whey, or common whey with cream of tartar dissolved in it; or any cooling purge, such as Glauber's salts, manna dissolved in an infusion of senna, or the like. All spirits and other strong liquors are to be avoided; also vomits or any other thing that may increase the motion of the blood towards the head. Even volatile spirits held to the nose do mischief.

In the *serous* apoplexy, the symptoms are nearly the same, but with less violence. Bleeding may be performed once with safety and advantage, but must not be repeated. Purges, clysters, blisters, &c. are necessary. A plentiful sweat kept up for a considerable time has often carried off a serous apoplexy. *Buchan.*

Vomits are particularly necessary when apoplectic symptoms proceed from opium or any other narcotic substances taken into the stomach: and, as soon as the poison is discharged in this way, the patient is generally relieved.

N. B. Persons of an apoplectic make, or such as have been attacked by it, should use a very slender diet, avoiding strong liquors, spiceries,

In the Fit, put a handful of Salt into a Pint of cold Water, and, if possible, pour it down the throat of the Patient;—Or, fill the Mouth with Salt: He will immediately come to himself—So will one who seems dead by a Fall—but send for a Surgeon immediately. *Wesley.*

and

and high seasoned food ; also extremes of either heat or cold. They ought also to guard against all violent passions, and should use exercise in moderation, and be bled every spring and fall. Perpetual issues or setons have a good effect ; and should not be suffered to dry up, without opening others. Apoplectic persons ought never to go to rest with a full stomach, lie with their heads low, or wear any thing too tight about their necks.

The Epilepsy, or Falling Sicknefs.

This disorder more frequently attacks men than women, and is very difficult to cure. When it attacks children, there is reason to hope it may go off about the time of puberty : when it attacks any one after twenty one years of age, the cure is difficult ; and after forty a cure is hardly to be expected. If the fit continues for a short space and returns seldom, it is a favourable sign, but if it continues long and returns frequently, or the patient is seized with fits in his sleep the prospect is very unfavourable.

The *causes* of this disorder are various. Sometimes it is hereditary. It may likewise proceed from blows, bruises, or wounds on the head ; a collection of water, blood, or serous humour in the brain ; a polypus ; tumours, or concretions, within the skull ; excessive drinking, intense study, excess of venery, worms, teething, suppression of customary evacuations, too great emptiness or repletion ; violent passions or affections of the mind, as fear, joy, &c. ; hysteric affections ; contagion received into the body, as the infection of the small pox, measles, &c.

Symptoms.—An epileptic fit is generally preceded by unusual weariness, pain of the head, dulness

ness, giddiness, noise in the ears; dimness of sight, palpitation of the heart, disturbed sleep, difficult breathing; the bowels are inflated with wind, the urine is in great quantity, but thin, the complexion is pale, the extremities are cold, and the patient often feels, as it were, a stream of cold air ascending towards his head.

In the fit, the patient generally makes an unusual noise; his thumbs are drawn in towards the palms of his hands; his eyes are distorted; he starts and foams at the mouth; his extremities are bent or twisted various ways; he often discharges his urine, seed, and fæces involuntarily, and is quite destitute of all sense and reason. After the fit is over, his senses gradually return, and he complains of a kind of stupor, weariness and pain of his head; but has no remembrance of what happened to him during the fit.

The fits are sometimes excited by violent affections of the mind, a debauch of liquor, excessive heat, cold, and the like.

Medicine—the intentions of cure must vary according to the cause of the disease. If the patient be of a sanguine temperament, and there be reason to fear an obstruction in the brain, bleeding and other evacuations will be necessary. When the disease is occasioned by the stoppage of customary evacuations, these, if possible, must be restored; if these cannot be done, others may be substituted in their place. Issues or setons in this case have often a very good effect. When there is reason to believe that the disease proceeds from worms, proper medicine must be used to kill or carry off these vermin. When the disease proceeds from teething, the body should be kept open by emollient clysters, the feet frequently bathed
in

in warm water, and, if the fits prove obstinate, a blistering-plaster may be put between the shoulders. The same method is to be followed, when epileptic fits precede the eruption of the small-pox, or measles, &c.

When the disease is hereditary, or proceeds from a wrong formation of the brain, a cure is not to be expected. When it is owing to a debility, or too great an irritability of the nervous system, such medicines as tend to brace and strengthen the nerves may be used, as the Peruvian bark, and steel; or the *anti-epileptic* electuaries, recommended by Fuller and Mead*.

The flowers of zinc have of late been highly extolled for the cure of the epilepsy. Though this medicine will not be found to answer the expectations which have been raised concerning it, yet, in obstinate epileptic cases it deserves a trial. The dose is from one to three or four grains, which may be taken either in pills or boluses, as the patient can bear it. I have known this medicine, when duly persisted in, prove beneficial.

Musk has sometimes been found to succeed in the Epilepsy. Ten or twelve grains of it, with the same quantity of factitious cinnabar, may be made up into a bolus, and taken every night and morning.

The epilepsy has been cured by electricity.

Convulsion-fits proceed from the same causes, and must be treated in the same manner.

* Take of Peruvian bark, in powder, an ounce; of powdered tin, and wild valerian root, each half an ounce; simple syrup, enough to make an electuary.—A drachm of an electuary similar to this, Dr. Mead directs to be taken evening and morning for three months: yet, it will be proper now and then to discontinue it. The powdered tin is added, because the epilepsy often proceeds from worms.

Saint Vitus's dance, a species of convulsions, may be cured by repeated bleedings and purges, and afterwards using a similar medicine, *viz.* the Peruvian bark and snake root, &c. Chalybeate waters and the cold bath are of great service; the latter should never be neglected when the patient can bear it. *Buchan.*

One who is subject to the falling sickness may prevent a fit, if he feels it coming, by this simple experiment: Let him always carry with him a piece of metal, as broad as he is able to hold between his teeth when his jaws are stretched to the utmost—When the fit is approaching, let him immediately put it between his teeth, so as to keep his jaws at their utmost stretch. In about a minute this will bring him quite to himself, and prevent the fit for that time.

If one put this metal between the teeth of one that is in the fit, and force them open, 'till his jaws are at the utmost stretch, the fit will immediately go off and the patient very soon recover.——
Wesley.

Fainting Fits.

People of weak nerves and delicate constitutions are most liable to swoonings or Fainting fits. They are seldom dangerous when duly attended too, but, if wholly neglected or improperly treated, often prove hurtful and sometimes fatal.

The general causes are sudden transition from cold to heat; also breathing air deprived of its elasticity; long fasting, loss of blood, great fatigue, fear, grief, and other violent passions or affections of the mind.

People sometimes faint, upon coming into a house, after they have been long exposed to cold, and when they drink hot liquors or sit near a large fire; in such cases they ought to be removed immediately into a cooler apartment; to have ligatures applied above their knees and elbows, and their hands and face should be

E

sprinkled

sprinkled with vinegar or cold water. Vinegar should also be applied to the nose of the patient that he may be made to smell ; and, if he can swallow, should have a spoonful or two of water, with about a third part of vinegar poured into the mouth. If these should not succeed, it will be necessary to have him bled, and afterwards give him a clyster.

When a person faints in a Play-house or Assembly, he should be immediately carried out into the air : his temples should be rubbed with strong vinegar, or brandy, and volatile spirits or salts held to his nose. *Buchan.*

OBSERVATIONS ON FEVERS.

As Fevers are so complicated in themselves, that it sometimes baffles the skill of the most able physician to distinguish the particular kind, it would be useless and perhaps injurious to give too elaborate a treatise. When any of the faculty are at no great distance, on the first appearance of the disease application should be made, lest delay should occasion his art of no avail : for, though a fever may be said to be an effort of nature only to free itself from the offending cause, and with medical assistance might overcome its force ; it often happens by neglect that the disease gains a superiority, and the effect is death.

Fevers.

Of these are two principal sources ; one comprehends the causes, which render the blood, and other fluids of the body too thick ; the other includes

includes those which make them too thin; and I shall shew how common people may distinguish one sort of them from the other. It should be observed, that in Fevers of every kind, there is a morbid quality introduced, and subsisting in the blood, as the productive cause: and the proper means for curing them are such methods, and medicines, as by experience have been found effectual for removing the morbid quality, and recovering the sick in the shortest time.

In some persons, when there is too much blood, such bleeding may be advised as will draw off the excess, except in pestilential distempers, in which blood-letting has proved almost always mortal, even in the bodies fullest of blood; this evacuation may be moderately used in pleurifics, as the extremity of pain, and the difficulty of breathing shall require it.

That the common people (who generally know when persons have Fevers) may have a little more knowledge of these acute diseases, and how to distinguish one kind of them from another, the person who is to direct for the sick should carefully enquire into the state of his body; He should examine the pulse. Let him feel the pulse of two or three who are in health, and his own pulse, and then compare them with the pulse of the patient, and thereby he will come nearly to know how much it differs from the healthful standard, as to quickness or slowness, and as to its strength or weakness, and be able to deduce some conclusions which may guide his conduct; then let him learn the degree of febrile heat; and one way to do this may be by feeling the side of the neck below the ears, (through which the large blood vessels pass to and from the brain) and thus the

degree of the heat of the blood may be known; and the other symptoms of the patient should be particularly inquired into.

At the beginning of a Fever the patient generally complains of great lassitude or weariness, and has no inclination to move. Consequently it is proper to keep him easy, and if possible in bed, taking care that fresh air may be admitted, and that his mind be kept cheerful, not permitting him to see, hear or know of any thing which may discompose him. Should he be very thirsty, as all in Fevers complain of thirst, he may drink plentifully of water with a toast in it, thin gruel, and such cooling liquors as, decoctions of tamarinds, apple tea, orange whey *, and the like.

The Acute Fever.

Is ushered in with a rigour or chillness, which is soon succeeded by great heat, pain of the head, dry skin, redness of the eyes, the countenance florid, with pains in the back, loins, &c. a difficulty of breathing: sickness and an inclination to vomit often succeeds—whence it will be necessary to give him a vomit, and work it off with camomile tea, luke-warm water, or thin water gruel.

In this and all other fevers, attended with a hard, full, and quick pulse, bleeding will be necessary; and if, after the first bleeding, the fever should increase, and the pulse become more frequent and hard, it ought to be repeated again until the pulse becomes soft, and the patient is tolerably easy.

* Orange whey is made by boiling among milk and water a bitter orange sliced till the curds separate.

Forty or fifty drops of the dulcified or sweet spirits of nitre may be made into a draught, with an ounce of rose-water, and two of common water, and half an ounce of simple syrup, or a bit of loaf-sugar—this may be given every three or four hours when the heat is very great and the fever very violent ; afterwards once in five or six hours.

If the body should be bound, a clyster of milk and water and a little salt in it may be administered.

The common pectoral decoction is a proper drink in this disease. See *Appendix*.

A proper regimen is not only necessary during the fever, but likewise after the patient begins to recover. Many, by neglect, often fall into a relapse, and continue valetudinary for life. Though the body is weak after a fever, yet the diet for some time out to be rather light than of a nourishing nature. Too much food, drink, exercise, company, &c. are carefully to be avoided. The mind ought likewise to be kept easy, and the patient should not pursue study or any business that requires intense thought. *Buchan.*

Of the Pleurisy.

Pleura, is a membrane which lines the inside of the breast, and when inflamed constitutes what is called the Pleurisy. There are two kinds, which are distinguished into moist and dry ; the patient spits freely in the former, in the latter little or none at all.

This, like other fevers generally begins with chillness and shivering, which are followed by heat, thirst, and restlessness, also a violent pricking pain in one of the sides among the ribs, which sometimes extends towards the back bone, forepart of the breast, or shoulder blades—the
pain

pain being very great when the patient draws his breath.

When the patient experiences violent pain in the side and is very feverish, the pulse hard and quick, bleeding is necessary as soon as possible in a large quantity; and, if the stitch should continue after without abating, it must be repeated. If no medical assistance can be obtained, a number of leeches put to the part affected, fomentations of the flowers of camomile, elder or common mallows may alleviate; or, should it be convenient a bladder filled with warm milk and water should be applied to the side; warm cabbage leaves applied to the side have also been found serviceable. The patient may take frequently a tea-spoonful of an electuary, made of two ounces of the oil of sweet almonds or olives, and two ounces of the syrup of violets, with as much sugar candy powdered as will make it of a consistence like honey: should this give no relief, two, three, or four tea-spoonfuls of the following decoction, according as the patient's stomach can bear it, may be given three or four times a-day.—Take of Seneca rattle-snake root, one ounce, put it in a pint and a half of water, and boil it to one pint, then strain it.

There is a species of this disease called the Bastard Pleurisy, which sometimes is obstinate and requires bleeding, cupping, &c. but generally goes off in a few days by the use of cooling medicines.

Intermitting Fever or Ague.

As no person can be at a loss to distinguish an intermitting fever or Ague, it will be useless to comment too much upon it,

As

The chief intentions of cure in an ague are to brace the solids and promote perspiration. As much exercise as the patient can bear is commendable. Sometimes, under a proper regimen the disease will go off without medicine; but should the patient's strength decline, and the paroxysms be very violent, so that his life is in danger, medicine should immediately be applied, but not till the patient has had several fits of shaking and sweating.

The first thing necessary will be a dose of Ipecacuanha, as a vomit to cleanse the stomach and bowels—A scruple or half a drachm will be sufficient for an adult, and for a younger, the dose must be lessened in proportion—Purges sometimes are of service, in which case, a dose of Glaubers salts, jalap, or rhubarb may be given.

After proper evacuations, the red Peruvian bark finely powdered may be given. Two ounces may be divided into twenty-four doses, and given in a glass of red wine or water gruel, or what will best please the patient. If the ague returns every day, a dose may be taken every two hours during the interval of the fits; in a tertian, or third day ague a dose every third hour, and in a quartan every fourth: Nor must it be left off as soon as the paroxysms are stopped, but continued till there is reason to think the disease is overcome. His food should be nourishing, such as veal or chicken broths, sago, gruel with a little wine in it, and light puddings.

In obstinate agues, when the patient is old the habit phlegmatic, the season rainy, the situation damp or the like, mix two ounces of Bark with half an ounce of Virginian snake root, quarter of an ounce of ginger or some other warm aromatic;
if

if the symptoms are inflammatory, half an ounce of salt of wormwood or tartar may be added to the above quantity of Bark.

Nervous Fever.

Grief, fear, anxiety, intense study, want of sleep, watery diet or any thing which debilitates the constitution bring on nervous fevers. From the difference of our modes of living and the increase of sedentary employments, they have of late years increased in this kingdom.

The symptoms of this disease are low spirits, want of appetite, weakness, weariness after motion, watchfulness, deep sighing and dejection of the mind. The pulse is low and quick, the tongue dry without any considerable thirst, chillness and flushing in turns, &c.

The patient in this disorder should be indulged with a nourishing diet, such as gruel, or panada, and whatever food he takes, must be mixed with wine according as the symptoms may require. Pretty strong wine-whey, or small negus sharpened with the juice of orange or lemon, will be proper for his ordinary drink. Mustard-whey is likewise a very proper drink in this fever, and may be rendered an excellent cordial medicine by the addition of a proper quantity of white-wine.

Medicine.—Where a nausea, load, and sickness at stomach, prevail at the beginning of the fever, it will be necessary to give the patient a gentle vomit. Fifteen or twenty grains of ipecacuanha in fine powder, or a few spoonfuls of the vomiting julep, will generally answer this purpose very well. This may be repeated any time before the third or fourth day, if the above symptoms continue. Vomits not only clean the stomach, but,
by

by the general shock which they give, promote the perspiration, and have many other excellent effects in slow-fevers, where there are no signs of inflammation, and nature wants rousing.

Such as dare not venture on a vomit, may clean his bowels with a dose of Turkey rhubarb, or an infusion of fenna and manna.

Bleeding is more particularly to be guarded against in this than any other fever, but blistering has been found of great use, and is therefore to be recommended. Cordials also of a nourishing nature should not be omitted. *Buchan.*

For other *recipes*, see the *Appendix*.

Putrid Fever.

This may be called the *pestilential fever* of Europe, as in many of its symptoms it bears a great resemblance to that dreadful disease the plague.

Causes.—This fever is occasioned by foul air, from a number of people being confined in a narrow place not properly ventilated: from putrid animal and vegetable effluvia, &c. Hence it prevails in camps, jails, hospitals and infirmaries, especially where such places are too much crowded, and cleanliness neglected.—Hence it will be necessary to take care that as much fresh air as possible be admitted into the patient's chamber, and the floor sprinkled with vinegar, or any other acid. Evaporations of lemons, or vinegar, made with a hot iron, or by boiling, are very proper. Strong scented herbs, as rue, tansy, rosemary, wormwood, &c. should likewise be laid in different parts of the house, and smelled to by those who go near the patient. He must not only be kept cool, but likewise quiet and easy; as the

F

least

least noise will affect his head, and the smallest fatigue will be apt to make him faint.

Few things are of greater importance in this disease than acids, which ought to be mixed with all the patient's food as well as drink. Orange, lemon, or vinegar-whey, are all very proper, and may be drank by turns, according to the patient's inclination. They may be rendered cordial by the addition of wine in such quantity as the patient's strength seems to require. When he is very low, he may drink negus, with only one half water, and sharpened with the juice of orange or lemon. In some cases a glass of wine may now and then be allowed. The most proper wine is Rhenish; but if the body be open, red port or claret is to be preferred.

When the body is bound, a tea-spoonful of the cream of tartar may be put into a cup of the patient's drink, as there is occasion; or he may drink a decoction of tamarinds, which will both quench his thirst, and promote a discharge by stool.

If camomile-tea will sit upon the stomach, it is a very proper drink in this disease. It may be sharpened by adding to every cup of the tea ten or fifteen drops of the elixir of vitriol.

The food must be light, as panado or groat-gruel, to which wine may be added, if the patient be weak and low; and they ought all to be sharpened with the juice of orange, the jelly of currants, or the like. The patient ought likewise to eat freely of ripe fruits, as roasted apples, currant or gooseberry tarts, preserved cherries, or plums, &c.

Taking a little food or drink frequently, not only supports the spirits, but counteracts the putrid

trid tendency of the humours, for which reason the patient ought frequently to be sipping small quantities of some of the acid liquors mentioned above, or any that may be more agreeable to his palate, or more readily obtained.

If he is delirious, his feet and hands ought to be frequently fomented with a strong infusion of camomile flowers. This, or an infusion of the bark, to such as can afford it, cannot fail to have a good effect. Fomentations of this kind not only relieve the head, by relaxing the vessels in the extremities, but, as their contents are absorbed, and taken into the system, they may assist in preventing the putrescency of the humours.

Medicine.—If a vomit be given at the beginning of this fever, it will hardly fail to have a good effect; but if the fever has gone on for some days, and the symptoms are violent, vomits are not quite so safe. The body, however, is always to be kept gently open by clysters, or mild laxative medicines.

Bleeding is seldom necessary in putrid fevers.

If there be signs of an inflammation, it may sometimes be permitted at the first onset; but the repetition of it generally proves hurtful.

Blistering plaisters are never to be used unless in the greatest extremities. If the petechiæ or spots should suddenly disappear, the patient's pulse sink remarkably, and a delirium, with other bad symptoms, come on, blistering may be permitted. In this case the blistering plaisters are to be applied to the head, and inside of the legs or thighs. But as they are sometimes apt to occasion a gangrene, we would rather recommend warm cataplasms or poultices of mustard and vinegar to be applied to the feet, having recourse to blisters only in the utmost extremities.

It is common in the beginning of this fever to give the emetic tartar in small doses, repeated every second or third hour, till it shall either vomit, purge, or throw the patient into a sweat. This practice is very proper, provided it be not pushed so far as to weaken the patient.

A very ridiculous notion has long prevailed of expelling the poisonous matter of malignant diseases by trifling doses of cordial or alexipharmic medicines. In consequence of this notion, the contrayerva-root, the cordial confection, the mithridate, &c. have been extolled as infallible remedies. There is reason however to believe, that these seldom do much good. Where cordials are necessary, we know none that is superior to good wine; and therefore again recommend it both as the safest and best. Wine, with acids and antiseptics, are the only things to be relied on in the cure of malignant fevers.

In the most dangerous species of this disease, when it is attended with purple, livid, or black spots, the Peruvian bark must be administered. I have seen it, when joined with acids, prove successful, even in cases where the petechiæ had the most threatening aspect. But to answer this purpose it must not only be given in large doses, but duly persisted in.

The best method of administering the bark is certainly in substance. An ounce of it in powder may be mixed with half an English pint of water, and the same quantity of red wine, and sharpened with the elixir or the spirit of vitriol, which will both make it sit easier on the stomach, and render it more beneficial. Two or three ounces of the syrup of lemon may be added, and two table-spoonfuls of the mixture taken every two hours, or oftener, if the stomach is able to bear it.

Those

Those who cannot take the bark in substance may infuse it in wine, as recommended in the preceding disease.

If there be a violent looseness, the bark must be boiled in red wine with a little cinnamon, and sharpened with the elixir of vitriol, as above. Nothing can be more beneficial in this kind of looseness than plenty of acids, and such things as promote a gentle perspiration.

If the patient be troubled with vomiting, a dram of the salt of wormwood, dissolved in an ounce and half of fresh lemon juice, and made into a draught with an ounce of simple cinnamon water, and a bit of sugar, may be given and repeated as often as it is necessary.

If swellings of the glands appear, their suppuration is to be promoted by the application of poultices, ripening cataplasms, &c.; and as soon as there is any appearance of matter in them, they ought to be laid open and the poultices continued.

To prevent putrid fevers, adhere to cleanliness. Those who wait on them, ought always to have a piece of sponge or a handkerchief dipt in vinegar or the juice of lemon to smell to, while near the patient. They ought also to wash their hands, and change their cloaths, if possible, before they go into company. *Buchan.*

The Gout.

As there are no medicines yet known that will cure the gout, we shall confine our observations chiefly to regimen, both in and out of the fit.

In the fit, if the patient be young and strong, his diet ought to be thin and cooling, and his drink of a diluting nature; but when the constitution is weak, and the patient has been accustomed to live high, this is not a proper time to retrench. In this case, he must keep nearly to his usual diet, and should take frequently a cup of strong negus, or a glass of generous wine. Wine whey is a very proper drink in this case, as it promotes the perspiration without greatly heating the patient. It will answer this purpose better, if a tea-spoonful of *sal volatile oleosum*, or spirits of hartshorn, be put into a cup of it twice a day. It will likewise be proper to give at bed-time, a tea-spoonful of the volatile tincture of *guaiacum*. in a large draught of warm wine whey. This will greatly promote perspiration through the night.

Many things will shorten a fit of the gout, and some will drive it off all together; but nothing has yet been found which will do this with safety to the patient. In pain, we eagerly grasp at any thing that promises immediate ease, and even hazard life itself for a temporary relief. This is the true reason why so many infallible remedies have been proposed for the gout, and why such numbers have lost their lives by the use of them. It would be as imprudent to stop the small-pox from rising, and to drive it into the blood, as to attempt

attempt to repel the gouty matter after it has been thrown upon the extremities. The latter is as much an effort of nature to free herself from an offending cause as the former, and ought equally to be promoted.

After the fit is over, the patient ought to take a gentle dose or two of the bitter tincture of rhubarb, or some other warm stomachic purge. He should also drink a weak infusion of stomachic bitters in small wine or ale, as the Peruvian bark, with cinnamon, Virginian snake-root, and orange-peel. The diet at this time should be light, but nourishing; and gentle exercise ought to be taken on horseback, or in a carriage. *Sydenham. Tissot. Buchan.*

The Gravel and Stone.

Persons afflicted with the gravel or stone, should avoid aliments of a windy or heating nature, as salt meats, sour fruits, &c. Their diet ought chiefly to consist of such things as tend to promote the secretion of urine, and to keep the body open. Artichokes, asparagus, spinach, lettuce, parsley, succory, purslane, turnips, potatoes, carrots, and radishes, may be safely eat. Onions, leeks, and celery, are, in this case, reckoned medicinal. The most proper drinks are whey, butter-milk, milk and water, barley-water, decoctions of the roots of marsh-mallows, parsley, liquorice, or of other mild mucilaginous vegetables, as linseed, limetree-buds, or leaves, &c. If the patient has been accustomed to generous liquors, he may drink small gin punch without acid.

Dr. Whyte advises patients who are subject to frequent fits of the gravel in the kidneys, but
have

have no stone in the bladder, to drink every morning, two or three hours before breakfast, an English pint of oyster or cockle-shell lime-water. The doctor very justly observes, that though this quantity might be too small to have any sensible effect in dissolving a stone in the bladder, yet it may very probably prevent its growth.

When a stone is formed in the bladder, the doctor recommends Alicant soap, oyster or cockle-shell lime-water, to be taken in the following manner:—The patient must swallow, every day, in any form that is least disagreeable, an ounce of the internal part of Alicant soap, and drink three or four English pints of oyster or cockle-shell lime-water. The soap is to be divided into three doses; the largest to be taken fasting in the morning early, the second at noon, and the third at seven in the evening; drinking after each dose a large draught of the lime-water, the remainder of which he may take any time betwixt dinner and supper instead of other liquors.

The patient should begin with a smaller quantity of the lime water and soap than that mentioned above; at first, an English pint of the former, and three drachms of the latter, may be taken daily. This quantity, however, he may increase by degrees, and ought to persevere in the use of these medicines, especially if he finds any abatement of his complaints, for several months; nay, if the stone be very large, for years. It may likewise be proper for the patient, if he be severely pained, not only to begin with the soap and lime-water in small quantities, but to take the second or third lime water instead of the first. However, after he has been accustomed to these medicines, he may not only take the first water, but,

but, if he finds he can easily bear it, heighten its dissolving power still more, by pouring it a second time on fresh calcined shells.

The caustic alkali, or soap-lees, is the medicine chiefly in vogue at present for the stone. It is of a very acrid nature, and ought therefore to be given in some gelatinous or mucilaginous liquor; as veal broth, new milk, linseed-tea, a solution of gum arabic, or a decoction of marsh-mallow roots. The patient must begin with small doses of the lees, as thirty or forty drops, and increase by degrees, as far as the stomach will bear it.

The only other medicine which I shall mention is the *uva ursi*. It has been greatly extolled of late both for the gravel and stone. It seems, however, to be in all respects inferior to the soap and lime-water; but it is less disagreeable, and has frequently, to my knowledge, relieved gravelly complaints. It is generally taken in powder from half a drachm to a whole drachm, two or three times a day. It may, however, be taken to the quantity of seven or eight drachms a day, with great safety and good effect. *Buchan.*

The Gripes in Children.

When an infant is troubled with gripes, it ought not at first to be dosed with brandy, spices, and other hot things; but should have its body opened with an emollient clyster, and, at the same time, a little brandy may be rubbed on its belly with a warm hand before the fire. I have seldom seen this fail to ease the gripes of infants. If it should happen, however, not to succeed, a little brandy, or other spirits, may be mixed with thrice the quantity of warm water,
G and

and a tea-spoonful be given frequently, till the infant be easier. Sometimes a little peppermint water will answer this purpose very well.

The Hooping, or Chin Cough.

One of the most effectual remedies in the chin-cough, is change of air. This often removes the malady, even when the change seems to be from a purer, to a less wholesome air. This may, in some measure, depend on the patient's being removed from the place where the infection prevails. Most of the diseases of children are infectious; nor is it at all uncommon to find the chin-cough prevailing in one town or village, when another, at a very small distance, is quite free from it. But whatever be the cause, we are sure of the fact. No time ought therefore to be lost in removing the patient to some distance from the place where he got the disease, and, if possible, into a more pure and warm air.

When the disease proves violent, and the patient is in danger of being suffocated by the cough, he ought to be bled, especially if there be a fever, with a hard full pulse. But as the chief intention of bleeding is to prevent an inflammation of the lungs, and to render it more safe to give vomits, it will seldom be necessary to repeat the operation; yet, if there be symptoms of an inflammation of the lungs, a second, or even a third bleeding, may be requisite.

The body ought to be kept gently open. The best medicines for this purpose are rhubarb and its preparations, as the syrup, tincture, &c. Of these a tea-spoonful or two may be given to an infant twice or thrice a day, as there is occasion. To
such

such as are farther advanced, the dose must be proportionally increased, and repeated till it has the desired effect. Those who cannot be brought to take the bitter tincture, may have an infusion of fenna and prunes, sweetened with manna coarse sugar, or honey; or a few grains of rhubarb mixed with a tea-spoonful or two of syrup, or currant-jelly, so as to disguise the taste. Most children are fond of syrups and jellies, and seldom refuse even a disagreeable medicine when mixed with them.

The garlic ointment is a well-known remedy in North Britain for the chin-cough. It is made by beating in a mortar, garlic with an equal quantity of hogs'-lard. With this the soles of the feet may be rubbed twice or thrice a day; but the best method is to spread it upon a rag, and apply it in the form of a plaister. It should be renewed every night and morning at least, as the garlic soon loses its virtue. This is an exceeding good medicine, both in the chin-cough, and in most other coughs of an obstinate nature. It ought not, however, to be used when the patient is very hot and feverish, lest it should increase these symptoms.

The feet should be bathed once in every two or three days in lukewarm water; and a Burgundy-pitch plaister kept constantly between the shoulders. But when the disease proves very violent, it will be necessary, instead of it, to apply a blistering-plaister, and keep the part open for some time with issue ointment.

When the disease is prolonged, and the patient is free from a fever, the Peruvian bark, and other bitters, are the most proper medicines. The bark may either be taken in substance, or in a

decoction or infusion, as is most agreeable. For a child, ten, fifteen, or twenty grains, according to the age of the patient, may be given three or four times a day. For an adult, half a drachm, or two scruples, will be proper. Some give the extract of the bark with cantharides; but to manage this, requires a considerable attention. It is more safe to give a few grains of castor along with the bark. A child of six or seven years of age may take seven or eight grains of castor, with fifteen grains of powdered bark, for a dose. This may be made into a mixture with two or three ounces of simple-distilled water, and a little syrup, and taken three or four times a day. *Buchan. Chambers.*

The Jaundice.

This disease is first observable in the white of the eye, which appears yellow. Afterwards the whole skin puts on a yellow appearance. The urine too is of a saffron colour, and dyes a white cloth of the same colour. There is likewise a species of this disease called the black jaundice.

If the patient be young, and the disease complicated with no other malady, it is seldom dangerous; but in old people, where it continues long, returns frequently, or is complicated with the dropsy, or hypochondriac symptoms, it generally proves fatal. The black jaundice is more dangerous than the yellow.

If the patient be young, of a full sanguine habit, and complains of pain in the right side, about the region of the liver, bleeding will be necessary. After this a vomit must be administered; and if the disease proves obstinate, it may

may be repeated once or twice. No medicines are more beneficial in the jaundice than vomits, especially where it is not attended with inflammation. Half a drachm of ipecacuanha, in powder, will be a sufficient dose for an adult. It may be wrought off with weak camomile tea, or lukewarm water. The body must likewise be kept open, by taking a sufficient quantity of Castile soap.

I have known Harrowgate sulphur-water cure the jaundice of very long standing. It should be used for some weeks, and the patient must drink and bathe.

The soluble tartar is a very proper medicine in the jaundice. A drachm of it may be taken every night and morning in a cup of tea or water-gruel. If it does not open the body, the dose may be increased. A very obstinate jaundice has been cured by swallowing raw eggs.

Persons subject to the jaundice, ought to take as much exercise as possible, and to avoid all heating and astringent aliments. *Buchan.*

The Itch.

The itch is seldom a dangerous disease, unless where it is rendered so by neglect, or improper treatment. If it be suffered to continue too long, it may vitiate the whole mass of humours; and if it be suddenly drove in, without proper evacuations, it may occasion fevers, inflammations of the viscera, and other internal disorders.

The best medicine yet known for the itch, is sulphur, which ought to be used both externally and internally. The parts most affected may be rubbed with an ointment made of the flowers of sulphur

fulphur, two ounces ; crude sal ammoniac, finely powdered, two drachms ; hog's lard or butter, four ounces ; if a scruple or half a drachm of the essence of lemon be added, it will entirely take away the disagreeable smell. About the bulk of a nutmeg of this may be rubbed upon the extremities at bed-time, twice or thrice a week. It is seldom necessary to rub the whole body ; but when it is, it ought not to be done all at once, as it is dangerous to stop too many pores at the same time.

Before the patient begins to use the ointment, he ought, if he be of a full habit, to bleed, or to take a purge or two. It will likewise be proper, during the use of it, to take every morning as much of the flower of brimstone and cream of tartar, in a little treacle or new milk, as will keep the body gently open. He should beware of catching cold, should wear more clothes than usual, and take every thing warm. The same clothes, the linen excepted, ought to be worn all the time of using the ointment ; and such clothes as have been worn while the patient was under the disease, are not to be used again, unless they have been fumigated with brimstone, and thoroughly cleaned, otherwise they will communicate the infection anew*. *Pringle.*

* Sir John Pringle observes, that, though this disease may seem trifling, there is no one in the army that is more troublesome to cure, as the infection often lurks in clothes, &c. and breaks out a second, or even a third time. The same inconveniency occurs in private families, unless particular regard is paid to the changing or cleaning of their clothes, which last is by no means an easy operation.

A. Diar.

A Diarrhæa, or Looseness.

A looseness, in many cases, is not to be considered as a disease, but rather as a salutary evacuation. It ought, therefore, never to be stopped, unless when it continues too long, or evidently weakens the patient. As this, however, sometimes happens, I shall point out the most common causes of a looseness, with the proper method of treatment.

When a looseness is occasioned by catching cold, or an obstructed perspiration, the patient ought to keep warm, to drink freely of weak diluting liquors, to bathe his feet and legs frequently in lukewarm water, to wear flannel next his skin, and to take every other method to restore the perspiration.

In a looseness which proceeds from excess or repletion, a vomit is the proper medicine. Vomits not only cleanse the stomach, but promote all the secretions, which render them of great importance in carrying off a debauch. Half a drachm of ipecacuanha in powder will answer this purpose very well. A day or two after the vomit, the same quantity of rhubarb may be taken, and repeated two or three times, if the looseness continues. The patient ought to live upon light vegetable food of easy digestion, and to drink whey, thin gruel, or barley water.

A looseness, occasioned by the obstruction of any customary evacuation, generally requires bleeding. If that does not succeed, other evacuations may be substituted in the room of those that are obstructed. At the same time, every method is to be taken to restore the usual discharges,

as

as not only the cure of the disease, but the patient's life may depend on this.

A periodical looseness ought never to be stopped. It is always an effort of nature to carry off some offending matter, which, if retained in the body, might have fatal effects. Children are very liable to this kind of looseness, especially while teething. It is, however, so far from being hurtful to them, that such children generally get their teeth with less trouble. If these loose stools should at any time prove sour or griping, a tea-spoonful of magnesia alba, with four or five grains of rhubarb, may be given to the child in a little panada, or any other food. This, if repeated three or four times, will generally correct the acidity, and carry off the griping stools.

From whatever cause a looseness proceeds, when it is found necessary to check it, the diet ought to consist of rice boiled with milk, and flavoured with cinnamon; rice-jelly; sago, with red port; and the lighter sorts of flesh meat roasted. The drink may be thin water-gruel, rice-water, or weak broth made from lean veal, or with a sheep's head, as being more elatinous than mutton, beef, or chicken broth. *Buchan.*

Obstructions in young Girls.

After a female has arrived at that period of life when the *menfes* usually begin to flow, and they do not appear, but, on the contrary, her health and spirits begin to decline, I would advise, instead of shutting the poor girl up in the house, and dosing her with steel, assafoetida, and other nauseous drugs, to place her in a situation where she

she can enjoy the benefit of free air and agreeable company. There let her eat wholesome food, take sufficient exercise, and amuse herself in the most agreeable manner; and we have little reason to fear, but Nature, thus assisted, will do her proper work. Indeed she seldom fails, unless where the fault is on our side.

This discharge, in the beginning is seldom so instantaneous as to surprise females unawares. It is generally preceded by symptoms which foretel its approach; as a sense of heat, weight, and dull pain in the loins; distention and hardness of the breasts; head-ach; loss of appetite; lassitude; paleness of the countenance; and sometimes a slight degree of fever. When these symptoms appear about the age at which the menstrual flux usually begins, every thing should be carefully avoided which may obstruct that necessary and salutary evacuation; and all means used to promote it; as sitting frequently over the steam of warm water, drinking warm diluting liquors, &c.

After the *menfes* have once begun to flow, the greatest care should be taken to avoid every thing that may tend to obstruct them. Females ought to be exceedingly cautious of what they eat or drink at the time they are out of order. Every thing that is cold, or apt to sour on the stomach, ought to be avoided; as fruit, butter-milk, and such like. Fish, and all kinds of food that are hard of digestion, are also to be avoided. As it is impossible to mention every thing that may disagree with individuals at this time, I would recommend it to every female to be very attentive to what disagrees with herself, and carefully to avoid it.

H

From

From whatever cause this flux is obstructed except in the state of pregnancy, proper means should be used to restore it. For this purpose I would recommend sufficient exercise in a dry, open, and rather cool air; wholesome diet, and, if the body be weak and languid, generous liquors; also cheerful company and all manner of amusements. A change of place, by presenting the mind a variety of objects, has often a happy influence. If these fail, recourse must be had to medicine.

When obstructions proceed from a weak relaxed state of the solids, such medicines as tend to promote digestion, to brace the solids, and assist the body in preparing good blood, ought to be used. The principal of these are iron and the Peruvian bark, with all other bitter and astringent medicines. Filings of iron may be infused in wine or ale; two or three ounces to an English quart, and after it has stood for two or three weeks, it may be filtered, and about half a wine glass of it taken twice a day; or prepared steel may be taken in the dose of half a drachm, mixed with a little honey or treacle, three or four times a day. The bark and other bitters may be either taken in substance or infusion, as is most agreeable to the patient.

But the menstrual flux may be too great as well as too small. When this happens, the patient becomes weak, the colour pale, the appetite and digestion are bad, and œdematous swellings of the feet, dropsies, and consumptions ensue. This frequently happens to women about the age of forty-five and fifty, and is very difficult to cure. It may proceed from a sedentary life, a full diet, consisting chiefly of salted, high seasoned, or acrid food

food; the use of spirituous liquors; excessive fatigue; relaxation; a dissolved state of the blood; violent passions of the mind, &c.

The treatment of this disease must be varied according to its cause. When it is occasioned by any error in the patient's regimen, an opposite course to that which induced the disorder must be pursued. and such medicines taken as have a tendency to restrain the flux, and counteract the morbid affections of the system from whence it proceeds. *Arbutnot.*

The Bleeding and Blind Piles.

A discharge of blood from the hæmorrhoidal vessels, is called the *bleeding piles*. When the vessels only swell and discharge no blood, but are exceeding painful, the disease is called the *blind piles*.

A flux of blood from the *anus* is not always to be treated as a disease. It is even more salutary than bleeding at the nose, and often prevents or carries off diseases. It is peculiarly beneficial in the gout, rheumatism, asthma, and hypochondriacal complaints; and often proves critical in cholics and inflammatory fevers.

In the management of the patient, regard must be had to his habit of body, his age, strength, and manner of living. A discharge which might be excessive, and prove hurtful to one, may be very moderate, and even salutary to another. That only is to be esteemed dangerous which continues too long, and is in such quantity as to waste the patient's strength, hurt digestion, nutrition, and other functions necessary to life.

H 2

When

When this is the case, the discharge must be checked by a proper regimen and astringent medicines. The diet must be cool, but nourishing, consisting chiefly of bread, milk, cooling vegetables, and broths. The drink may be chalybeate water, orange whey, decoctions or infusions of the astringent and mucilaginous plants, as the tormentil root, bistort, the marshmallow roots, &c.

The Peruvian bark is likewise proper in this case, both as a strengthener and astringent: half a drachm of it may be taken in a glass of red wine, sharpened with a few drops of the elixir of vitriol, three or four times a day.

The bleeding piles are sometimes periodical; and return regularly once a month, or once in three weeks. In this case they are always to be considered as a salutary discharge, and by no means to be stopped. Some have entirely ruined their health by stopping a periodical discharge of blood from the hæmorrhoidal veins.

In the *blind piles*, bleeding is generally of use; the diet must be light and thin, and the drink cool and diluting. It is likewise necessary that the body be kept gently open. This may be done by small doses of the flowers of brimstone and cream of tartar. They may be mixed in equal quantities, and a tea-spoonful taken two or three times a day, or oftener if necessary. Or an ounce of the flowers of brimstone, and half an ounce of purified nitre, may be mixed with three or four ounces of the lenitive electuary, and a tea-spoonful of it taken three or four times a day.

Various ointments and other external applications, are recommended in the piles; but I do not remember to have seen any effects from these
worth

worth mentioning. Their principal use is to keep the part moist, which may be done as well by a soft poultice, or an emollient cataplasm. When the pain, however, is very great, a liniment made of two ounces of emollient ointment, and half an ounce of liquid laudanum, beat up with the yolk of an egg, may be applied. *Tiffot. Buchan.*

The Quinsey, or Inflammation of the Throat.

In general it proceeds from the same causes as other inflammatory disorders, *viz.* an obstructed perspiration, or whatever heats or inflames the blood. An inflammation of the throat is often occasioned by omitting some part of the covering usually worn about the neck, by drinking cold liquor when the body is warm, by riding or walking against a cold northerly wind, or any thing that greatly cools the throat, and parts adjacent. It may likewise proceed from the neglect of bleeding, purging, or any other customary evacuation.

The inflammation of the throat is evident from inspection, the parts appearing red and swelled; besides, the patient complains of pain in swallowing. His pulse is quick and hard, with other symptoms of a fever. If blood be let, it is generally covered with a tough coat of a whitish colour, and the patient spits a tough phlegm. As the swelling and inflammation increase, the breathing and swallowing become more difficult; the pain affects the ears; the eyes generally appear red, and the face swells. The patient is often obliged to keep himself in an erect posture, being in danger of suffocation; there is a constant nausea, or inclination to vomit, and the drink,

drink, instead of passing into the stomach is often returned by the nose. The patient is frequently starved at last, merely from an inability to swallow any kind of food.

When the breathing is laborious, with straitness of breast and anxiety, the danger is great. Though the pain in swallowing be very great, yet while the patient breathes easy, there is not so much danger. An external swelling is no unfavourable symptom; but, if it suddenly falls, and the disease affects the breast, the danger is very great. When a quinsy is the consequence of some other disease, which has already weakened the patient, his situation is dangerous. A frothing at the mouth, with a swelled tongue, a pale, ghastly countenance, and coldness of the extremities, are fatal symptoms.

It is highly necessary that the patient be kept easy and quiet. Violent affections of the mind, or great efforts of the body, may prove fatal. He should never even attempt to speak but in a low voice. Such a degree of warmth as to promote a constant, gentle sweat, is proper. When the patient is in bed, his head ought to be raised a little higher than usual.

It is peculiarly necessary that the neck be kept warm; for which purpose several folds of soft flannel may be wrapped round it. That alone will often remove a slight complaint of the throat, especially if applied in due time. We cannot here omit observing the propriety of a custom which prevails among the peasants of this country:—when they feel any uneasiness of the throat, they wrap a stocking about it all night. So effectual is this remedy, that in many places it passes for a charm, and the stocking is applied
with

with particular ceremonies. The custom, however, is undoubtedly a good one, and should never be neglected. When the throat has been thus wrapped up all night, it must not be exposed to the cold air through the day, but an handkerchief, or a piece of flannel, kept about it till the inflammation be removed.

The jelly of black currants is a medicine very much in esteem for complaints of the throat; and indeed it is of some use. It should be almost constantly kept in the mouth, and swallowed down leisurely. It may likewise be mixed in the patient's drink, or taken any other way. When it cannot be obtained, the jelly of red currants, or of mulberries, may be used in its stead.

Gargles for the throat are very beneficial. They may be made of sage tea, with a little vinegar and honey, or by adding to half an English pint of the pectoral decoction, two or three spoonfuls of honey, and the same quantity of currant jelly. This may be used three or four times a day; and if the patient be troubled with tough viscid phlegm, the gargle may be rendered more sharp and cleansing, by adding to it a tea-spoonful of the spirit of *sal ammoniac*. Some recommend gargles made of a decoction of the leaves or bark of the blackberry bush; but where the jelly can be had, this is unnecessary.

An inflammation of the throat being a most acute and dangerous distemper, which sometimes takes off the patient very suddenly, it will be proper, as soon as the symptoms appear, to bleed in the arm, or rather in the jugular vein, and to repeat the operation as circumstances require.

It sometimes happens, before the ulcer breaks, that the swelling is so great as entirely to prevent
any

any thing from getting down into the stomach. In this case, the patient must inevitably perish, unless he can be supported in some other way. This can only be done by nourishing clysters of broth, or gruel, with milk, &c. Patients have often been supported by these for several days, till the tumor has broke; and afterwards they have recovered. *Huxham. Fothergill.*

The Rheumatism.

The *acute* rheumatism commonly begins with weariness, shivering, a quick pulse, restlessness, thirst, and other symptoms of a fever. Afterwards the patient complains of flying pains, which are increased by the least motion. These at last fix in the joints, which are often attended with swelling and inflammation. If blood be let in this disease, it has generally the same appearance as in the pleurisy.

In this kind of rheumatism, the treatment of the patient is nearly the same as in an acute or inflammatory fever.

The chronic rheumatism is seldom attended with any considerable degree of fever, and is generally confined to some particular part of the body, as the shoulders, the back, or the loins. There is seldom any inflammation or swelling in this case. Persons in the decline of life are most subject to the chronic rheumatism. In such patients it often proves extremely obstinate, and sometimes incurable.

In this kind of rheumatism, the regimen should be nearly the same as in the acute. Cool and diluting diet, consisting chiefly of vegetable substances, as stewed prunes, coddled apples, currants

rants or gooseberries boiled in milk, is most proper. Arbuthnot says, "If there be a specific in aliment for the rheumatism, it is certainly whey" and adds, "that he knew a person subject to this disease, who could never be cured by any other method but a diet of whey and bread." He likewise says, "that cream of tartar in water gruel, taken for several days, will ease rheumatic pains considerably. This I have often experienced, but found it always more efficacious when joined with gum guaiacum.

What I have generally found answer better than either of these, in obstinate fixed rheumatic pains, is the *warm plaister*, made as follows: "Take of gum plaister, one ounce; blistering plaister, two drachms; melt them together over a gentle fire." I have likewise known a plaister of Burgundy pitch, worn for some time on the part affected, give great relief in rheumatic cases. Dr. Alexander says, "He has frequently cured many obstinate rheumatic pains, by rubbing the part affected with tincture of cantharides." When the common tincture did not succeed, he used it of a double or treble strength. Cupping upon the part affected is likewise very often beneficial, and is greatly preferable to the application of leeches.

There are several of our own domestic plants which may be used with advantage in the rheumatism. One of the best, is the white *mustard*: A table spoonful of the seed of this plant may be taken twice or thrice a day, in a glass of water or small wine. The water trefoil is likewise of great use in this complaint. It may be infused in ale or wine, or drank in form of tea. The ground-ivy, camomile, and several other bitters, are
I also

also beneficial, and may be used in the same manner. No benefit however is to be experienced from these, unless they be taken for a considerable time. *Tissot. Arbuthnot.*

The Rickets.

As this disease is often attended with evident signs of weakness and relaxation, our chief aim in the cure must be to brace and strengthen the solids, and to promote digestion and the due preparation of the fluids. These important ends will be best answered by wholesome nourishing diet, suited to the age and strength of the patient, open dry air, and sufficient exercise. If the child has a bad nurse, who either neglects her duty or does not understand it, she should be changed. If the season be cold, the child ought to be kept warm; and when the weather is hot, it ought to be kept cool; as sweating is apt to weaken it, and too great a degree of cold has the same effect. The limbs should be rubbed frequently with a warm hand, and the child kept as cheerful as possible.

The diet ought to be dry and nourishing, as good bread, roasted flesh, &c. Biscuit is generally reckoned the best bread, and pigeons, pullets, veal, rabbits, or mutton, roasted or minced, are the most proper flesh. If the child be too young for flesh meats, he may have rice, millet, or pearl barley boiled with raisins, to which may be added a little wine and spice. His drink may be good claret, mixed with an equal quantity of water. Those who cannot afford claret, may give the child now and then a wine-glass of mild ale, or good porter.

Sometimes issues have been found beneficial in this disease. They are peculiarly necessary for
children

children who abound with gross humours. An infusion of the Peruvian bark, in wine or ale, would be of service, were it possible to bring children to take it. I might here mention many other medicines which have been recommended for the rickets; but as there is far more danger in trusting to these, than in neglecting them altogether, I chuse rather to pass them over, and to recommend a proper regimen as the thing chiefly to be depended upon. *Buchan.*

The Scurvy.

This disease may be known by unusual weariness, heaviness, and difficulty of breathing, especially after motion; rottenness of the gums, which are apt to bleed on the slightest touch; a stinking breath; frequent bleeding at the nose; crackling of the joints; difficulty of walking; sometimes a swelling, and sometimes a falling away of the legs, on which there are livid, yellow or violet-coloured spots; the face is generally of a pale or leaden colour. As the disease advances, other symptoms come on; as rottenness of the teeth, hæmorrhages, or discharges of blood from different parts of the body, foul obstinate ulcers, pains in various parts, especially about the breast, dry scaly eruptions all over the body, &c. At last, a wasting or hectic fever comes on, and the miserable patient is often carried off by a dysentery, a diarrhæa, a dropsy, the palsy, fainting fits, or a mortification of some of the bowels.

I know no way of curing this disease, but by pursuing a plan directly opposite to that which brings it on. It proceeds from a vitiated state of the humours, occasioned by errors in diet, air,

exercise; and these cannot be removed but by a proper attention to these important articles.

If the patient has been obliged to breathe a cold, damp, or confined air, he should be removed, as soon as possible, to a dry, open, and moderately warm one. If there is reason to believe that the disease proceeds from a sedentary life, or depressing passions, as grief, fear, &c. the patient must take daily as much exercise in the open air as he can bear, and his mind should be diverted by cheerful company, and other amusements. Nothing has a greater tendency either to prevent or remove this disease, than constant cheerfulness and good humour. But this, alas! is seldom the lot of persons afflicted with the scurvy; they are generally surly, peevish, and morose.

When the scurvy has been brought on by a long use of salted provisions, the proper medicine is a diet consisting of fresh vegetables; as oranges, apples, lemons, limes, tamarinds, water cresses, scurvy grass, brook lime, &c. The use of these, with milk, pot herbs, new bread, and fresh beer or cyder, will seldom fail to remove a scurvy of this kind, if taken before it be too far advanced; but to have this effect, they must be persisted in for a considerable time.

I have often seen very extraordinary effects in the land-scurvy, from a milk diet. This preparation of nature, is a mixture of animal and vegetable properties, which of all others is the most fit for restoring a decayed constitution, and removing that particular acrimony of the humours which seems to constitute the very essence of the scurvy, and many other diseases. But people despise this wholesome and nourishing food because

because it is cheap; and devour with greediness flesh and fermented liquors, while milk is only deemed fit for their hogs.

The most proper drink in the scurvy is whey or butter-milk. When these cannot be had, sound cyder, perry, or spruce beer, may be used. Wort has likewise been found to be a proper drink in the scurvy, and may be used at sea, as malt will keep during the longest voyage. A decoction of the tops of the spruce fir, is likewise proper. It may be drank in the quantity of an English pint twice a-day. Tar water may be used for the same purpose, or decoctions of any of the mild mucilaginous vegetables; as farsaparrilla, marsh-mallow roots, &c. Infusions of the bitter plants, as ground-ivy, the lesser centaury, marsh trefoil, &c. are likewise beneficial. I have seen the peasants in some parts of Britain express the juice of the last-mentioned plant, and drink it with good effect in those foul scorbutic eruptions with which they are often troubled in the spring season.

A slight degree of scurvy may be carried off by frequently sucking a little of the juice of a bitter orange, or a lemon. When the disease affects the gums only, this practice, if continued for some time, will generally carry it off. We would, however, recommend the bitter orange, as greatly preferable to lemon; it seems to be as good a medicine, and is not nearly so hurtful to the stomach. Perhaps our own sorrel may be little inferior to either of them.

All kinds of salad are good in the scurvy, and ought to be eat very plentifully, as spinach, lettuce, parsley, cellery, endive, radish, dandelion, &c. It is amazing to see how soon fresh vegetables

vegetables in the spring cure the brute animals of any scab or foulness which is upon their skins. It is reasonable to suppose, that their effect would be as great upon the human species, were they used in proper quantity for a sufficient length of time. *Buchan. Chambers.*

Spitting of Blood, &c.

Spontaneous, or involuntary discharges of blood, often happen from various parts of the body. These, however are so far from being always dangerous, that they prove often salutary. When such discharges are critical, which is frequently the case in fevers, they ought not to be stopped. Nor indeed is it proper at any time to stop them, unless they be so great as to endanger the patient's life. Most people, afraid of the smallest discharge of blood from any part of the body, fly immediately to the use of styptic and astringent medicines, by which means an inflammation of the brain, or some other fatal disease is occasioned; which, had the discharge been allowed to go on, might have been prevented.

In the early part of life, bleeding at the nose is very common. Those who are further advanced in years, are more liable to hæmoptoe, or discharge of blood from the lungs. After the middle period of life, hæmorrhoidal fluxes are most common; and in the decline of life, discharges of blood from the urinary passages.

Involuntary fluxes of blood may proceed from very different, and often from quite opposite causes. Sometimes they are owing to a particular construction of the body, as a sanguine temperament, a laxity of the vessels, a plethoric habit,

bit, &c. At other times they proceed from a determination of the blood towards one particular part, as the head, the hæmorrhoidal veins, &c. They may likewise proceed from an inflammatory disposition of the blood, in which case there is generally some degree of fever; this likewise happens when the flux is occasioned by an obstructed perspiration, or a stricture upon the skin, the bowels, or any particular part of the system.

The cure of an hæmorrhage must be adapted to its cause. When it proceeds from too much blood, or a tendency to inflammation, bleeding, with gentle purges and other evacuations, will be necessary. It will likewise be proper for the patient in this case to live chiefly upon a vegetable diet, to avoid all strong liquors, and food that is of an acrid, hot, and stimulating quality. The body should be kept cool, and the mind easy.

When an hæmorrhage is owing to a putrid, or dissolved state of the blood, the patient ought to live chiefly upon acid fruits, with milk and vegetables of a nourishing nature, as sago, salop, &c. His drink may be wine diluted with water, and sharpened with the juice of lemon, vinegar, or spirits of vitriol. The best medicine in this case is the Peruvian bark, which may be taken according to the urgency of the symptoms.

When a flux of blood is the effect of acrid food, or of strong stimulating medicines, the cure is to be effected by soft and mucilaginous diet. The patient may likewise take frequently about the bulk of a nutmeg of Locatelli's balsam, or the same quantity of sperma-ceti.

When an obstructed perspiration, or a stricture upon any part of the system is the cause of an hæmorrhage,

hæmorrhage, it may be removed by drinking warm diluting liquors, lying a bed, bathing the extremities in warm water, &c. *Tissot.*

The Aphthæ, or Thrush.

The aphthæ are little whitish ulcers affecting the whole inside of the mouth, tongue, throat, and stomach of infants. Sometimes they reach through the whole intestinal canal; in which case they are very dangerous, and often put at end to the infant's life.

If the aphthæ are of a pale colour, pellucid, few in number, soft, superficial, and fall easily off, they are not dangerous: but if opaque, yellow, brown, black, thick, or running together, they ought to be dreaded.

The most proper medicines for the aphthæ, are vomits, and gentle laxatives. Five grains of rhubarb, and half a drachm of *magnesia alba*, may be rubbed together, and divided into six doses, one of which may be given to the infant every four or five hours till they operate. These powders may either be given in the child's food, or a little of the syrup of pale roses may be repeated as often as is found necessary to keep the body open. It is common in this case to administer calomel; but as that medicine sometimes occasions gripes, it ought always to be given to infants with caution.

Many things have been recommended for gargling the mouth and throat in this disease; but it is not easy to apply these in very young infants. I would, therefore, recommend it to the nurse to rub the child's mouth frequently with a little borax and honey; or with the following mixture:—

Take

Take fine honey, an ounce; borax, a drachm; burnt allum, half a drachm; rose-water, two drachms; mix them together. A very proper application in this case, is a solution of ten or twelve grains of white vitriol in eight ounces of barley-water. These may be applied with the finger, or by means of a bit of soft rag tied to the end of a probe. *Buchan.*

The Tooth-ach,

This disease is so well known, that it needs no description. It has great affinity with the rheumatism, and often succeeds pains of the shoulders, and other parts of the body.

It may proceed from obstructed perspiration, or any of the other causes of inflammation. I have often known the tooth-ach occasioned by neglecting some part of the usual coverings of the head, by sitting with the bare head near an open window, or exposing it any how to a draught of cold air. Food or drink taken either too hot or too cold, is very hurtful to the teeth. Great quantities of sugar, or other sweetmeats, are likewise hurtful. Nothing is more destructive to the teeth than cracking nuts, or chewing any kind of hard substances. Picking the teeth with pins, needles, or any thing that may hurt the enamel with which they are covered, does great mischief, as the tooth is sure to be spoiled whenever any thing gets into it. Breeding women are very subject to the tooth-ach, especially during the first three or four months of pregnancy. The tooth-ach often proceeds from scorbutic humours affecting the gums.—In this case the teeth are sometimes wasted, and fall out without any considerable degree of pain. The more imme-

mediate cause of the tooth-ach is a rotten or *carious* tooth.

In order to relieve the tooth-ach, we must first endeavour to draw off the humours from the part affected. This may be done by mild purgatives, scarifying the gums, or applying leeches to them, and bathing the feet frequently with warm water. The perspiration ought likewise to be promoted, by drinking freely of weak wine whey, or other diluting liquors, with small doses of nitre. Vomits too, have often an exceeding good effect in the tooth-ach. It is seldom safe to administer opiates, or any kind of heating medicines, or even to draw a tooth till proper evacuations have been premised, and these alone will often effect the cure.

If this fails, and the pain and inflammation still increase, a suppuration may be expected, to promote which, a toasted fig should be held between the gums and the cheek; bags filled with boiled camomile flowers, flowers of elder, or the like, may be applied near the part affected, with as great a degree of warmth as the patient can bear, and renewed as they grow cold. The patient may likewise receive the steam of warm water into his mouth, through an inverted funnel, or by holding his head over the mouth of a porringer filled with warm water, &c.

Such things as promote the discharge of saliva, or cause the patient to spit, are generally of service. For this purpose, bitter, hot, or pungent vegetables may be chewed; as gentian, calamus aromaticus, or pellitory of Spain.

Opiates often relieve the tooth-ach. For this purpose, a little cotton wet with laudanum may be held between the teeth; or a piece of sticking
plaister

plaister about the bigness of a shilling, with a bit of opium in the middle of it, of a size not to prevent the sticking of the other, may be laid on the temporal artery, where the pulsation is most sensible.—*De la Motte* affirms, that there are few cases wherein this will not give relief. If there be a hollow tooth, a small pill made of equal parts of camphor and opium put into the hollow, is often beneficial. When this cannot be had, the hollow tooth may be filled with gum mastic, wax, lead, or any substance that will stick in it, and keep out the external air.

Keeping the teeth clean has no doubt a tendency to prevent the tooth-ach. The best method of doing this is to wash them daily with salt and water, a decoction of the bark, or with cold water alone. All brushing and scraping of the teeth is dangerous, and unless it be performed with great care, does mischief. *De la Motte. Buchan.*

The Bite of the Viper.

The grease of this animal rubbed into the wound, is said to cure the bite. Though that is all the viper catchers generally do when bit, I should not think it sufficient for the bite of an enraged viper. It would be surely more safe to have the wound well sucked*, and afterwards rubbed

* The practice of sucking out poisons is very ancient, and indeed nothing can be more rational. When the bite cannot be cut out, this is the most likely way for extracting poison. There can be no danger in performing this office, as the poison does no harm unless it be taken into the body by a wound. The person who sucks the wound ought, however, to wash his mouth frequently with salad oil, which will save him from even the least inconvenience. The Bsylli in Africa, and the Merfi in Italy, are famed for curing the bites of poisonous animals by sucking the wound; and we are told that the Indians in North America practice the same at this day.

with warm salad oil. A poultice of bread and milk, softened with salad oil, should likewise be applied to the wound; and the patient ought to drink freely of vinegar whey, or water-gruel with vinegar in it, to make him sweat. Vinegar is one of the best medicines that can be used in any kind of poison, and ought to be taken very liberally. If the patient be sick, he may take a vomit. This course will be sufficient to cure the bite of any poisonous animals of this country.

The Sting of Wasps, Hornets, Bees, &c.

The stings of these poisonous insects are seldom attended with danger, unless when a person happens to be stung by a great number of them at the same time; in which case something should be done to abate the inflammation and swelling. Some, for this purpose, apply honey, others lay pounded parsley to the part. A mixture of vinegar and Venice treacle is likewise recommended; but I have always found rubbing the part with warm salad oil succeed very well. Indeed, when the stings are so numerous as to endanger the patient's life, which is sometimes the case, he must not only have oily poultices applied to the part, but must likewise be bled, and take some cooling medicines, as nitre, or cream of tartar, and should drink plentifully of diluting liquors. *Buchan.*

Worms.

Though numberless medicines are extolled for killing and expelling worms, yet no disease more frequently

frequently baffles the physician's skill. In general, the most proper medicines for their expulsion, are strong purgatives ; and to prevent their breeding, stomachic bitters, with now and then a glass of good wine.

The best purge for an adult is jalap and calomel. Five and twenty or thirty grains of the former, with six or seven of the latter, mixed in syrup, may be taken early in the morning, for a dose. It will be proper that the patient keep the house all day, and drink nothing cold. The dose may be repeated once or twice a week, for a fortnight or three weeks. On the intermediate days, the patient may take a drachm of the powder of tin, twice or thrice a day, mixed with syrup, honey, or treacle.

Those who do not chuse to take calomel, may make use of the bitter purgatives ; as aloes, hiera picra, tincture of senna, and rhubarb, &c.

Oily medicines are sometimes found beneficial for expelling worms. An ounce of salad oil and a table-spoonful of common salt may be taken in a glass of red port wine thrice a day, or oftener if the stomach will bear it. But the more common form of using oil is in clysters. Oily clysters sweetened with sugar or honey, are very efficacious in bringing away the short round worms called *ascarides*, and likewise the *teres*.

I have frequently known those big bellies, which in children are commonly reckoned a sign of worms, quite removed by giving them white soap in their pottage or other food. Tansey, garlic, and rue, are all good against worms, and may be used various ways. I might have mentioned many other plants, both for external and internal use, as the cabbage bark, &c. but think the
powder

powder of tin, with Ethiops mineral, and the purges of rhubarb and calomel, are more to be depended on.

Ball's purging vermifuge powder is a very powerful medicine. It is made of equal parts of rhubarb, scammony, and calomel, with as much double-refined sugar as is equal to the weight of all the other ingredients. These must be well mixed together, and reduced to a fine powder. The dose for a child, is from ten grains to twenty, once or twice a week. An adult may take a drachm for a dose.

Parents who would preserve their children from worms ought to allow them plenty of exercise in the open air; to take care that their food be wholesome and sufficiently solid; and, as far as possible, to prevent their eating raw herbs, roots, or green trashy fruits. It will not be amiss to allow a child who is subject to worms, a glass of red wine after meals; as every thing that braces and strengthens the stomach is good both for the preventing and expelling these vermin. *Ball. Buchan.*

Of Vomiting.

Vomiting may proceed from various causes; as excess in eating and drinking; foulness of the stomach; the acrimony of the aliments; a translocation of the morbid matter of ulcers, of the gout, the erysipelas, or other diseases of the stomach. It may likewise proceed from a looseness having been too suddenly stopped; from the stoppage of any customary evacuation, as the bleeding piles, the *menfes*, &c. from a weakness of the stomach, the cholic, the iliac passion, a rupture, a fit of the gravel, worms, or from any kind of
poison

poison taken into the stomach. It is an usual symptom of injuries done to the brain; as contusions, compressions, &c.

Vomiting may be occasioned by unusual motions; as sailing, being drawn backwards in a cart or coach, &c. It may likewise be excited by violent passions, or by the idea of nauseous or disagreeable objects, especially of such things as have formerly produced vomiting. Sometimes it proceeds from a regurgitation of the bile into the stomach; in this case, what the patient vomits is generally of a yellow or greenish colour, and has a bitter taste. Persons who are subject to nervous affections are often suddenly seized with violent fits of vomiting. Lastly, vomiting is a common symptom of pregnancy. In this case it generally comes on about two weeks after the stoppage of the *menfes*, and continues during the first three or four months.

When vomiting proceeds from a foul stomach or indigestion, it is not to be considered as a disease, but as the cure of a disease. It ought therefore to be promoted by drinking luke-warm water, or thin gruel. If this does not put a stop to the vomiting, a dose of ipecacuanha may be taken, and worked off with weak camomile-tea.

When the obstruction of customary evacuations occasion vomiting, all means must be used to restore these discharges; or, if that cannot be effected, their place must be supplied by others, as bleeding, purging, bathing the extremities in warm water, opening issues, setons, blisters, &c. &c.

When vomiting is the effect of pregnancy, it may generally be mitigated by bleeding, and keeping the body gently open. The bleeding
however

however ought to be in small quantities at a time, and the purgatives should be of the mildest kind, as figs, stewed prunes, manna, or senna. Pregnant women are most apt to vomit in the morning, immediately after getting out of bed, which is owing partly to the change of posture, but more to the emptiness of the stomach. It may generally be prevented by taking a dish of coffee, tea, or some light breakfast in bed.

If vomiting proceeds from weakness of the stomach, bitters will be of service. Peruvian bark infused in wine or brandy, with as much rhubarb as will keep the body gently open, is an excellent medicine in this case. Habitual vomitings are sometimes alleviated by making oysters a principal part of diet.

A vomiting which proceeds from acidities in the stomach, is relieved by alkaline purges. The best medicine of this kind is the *magnesia alba*, a tea-spoonful of which may be taken in a dish of tea or a little milk, three or four times a day, or oftener if necessary, to keep the body open.

When vomiting proceeds from violent passions or affections of the mind, all evacuants must be carefully avoided, especially vomits. These are exceedingly dangerous. The patient in this case ought to be kept perfectly easy and quiet, to have the mind soothed, and to take some gentle cordial, as negus, or a little brandy and water, to which a few drops of laudanum may occasionally be added.

Suppression of Urine.

Suppression of urine may proceed from various causes; as an inflammation of the kidneys, or bladder;

bladder; small stones or gravel lodging in the urinary passages; hard *feces* lying in the *rectum*; pregnancy; a spasm or contraction of the neck of the bladder; clotted blood in the bladder itself; a swelling of the hæmorrhoidal veins, &c.

In these cases a bougie may be used by any cautious hand, and will often succeed.

In all obstructions of urine, the body ought to be kept open. This is not, however, to be attempted by strong purgatives, but by emollient clysters, or gentle infusions of fenna and manna. Clysters in this case not only open the body, but answer the purpose of an internal fomentation, and greatly assist in removing the spasms of the bladder and parts adjacent.

The food must be light, and taken in small quantities. The drink may be weak broth, or decoctions and infusions of mucilaginous vegetables, as march-mallow roots, lime-tree buds, &c. A tea-spoon full of the spirits of nitre, or a drachm of Castile soap, may be frequently put into the patient's drink; and, if there be no inflammation, he may drink small gin punch.

Persons subject to a suppression of urine ought to live very temperate. Their diet should be light, and their liquor diluting. They should avoid all acids and austere wines, should take sufficient exercise, lie hard, and avoid study and sedentary occupations.

Bleeding at the Nose.

Bleeding at the nose is commonly preceded by some degree of quickness of the pulse flushing in the face, pulsation of the temporal arteries, heaviness

vinefs in the head, dimnefs of the fight, heat and itching of the noftrils, &c.

To perfons who abound with blood, this difcharge is very falutary. It often cures a vertigo, the head-ach, a phrenzy, and even an epilepsy. In fevers, where there is a great determination of blood towards the head, it is of the utmoft fervice. It is likewise beneficial in inflammations of the liver and fpleen, and often in the gout and rheumatifm. In all difeafes where bleeding is neceffary, a fpontaneous difcharge of blood from the nofe is of much more fervice than the fame quantity let with a lancet.

In a difcharge of blood from the nofe, the great point is to determine whether it ought to be ftopped or not. It is a common practice to ftop the bleeding, without confidering whether it be a difeafe, or the cure of a difeafe. This conduct proceeds from fear; but it has often bad, and fometimes fatal confequences.

When a difcharge of blood from the nofe happens in an inflammatory difeafe, there is always reason to believe that it may prove falutary; and therefore it fhould be fuffered to go on, at leaft as long as the patient is not weakened by it.

When it happens to perfons in perfect health, who are full of blood, it ought not to be fuddenly ftopped. In this cafe, whenever bleeding at the nofe relieves any bad fymptom, and does not proceed fo far as to endanger the patient's life, it ought not to be ftopped. But when it returns frequently, or continues till the pulse becomes low, the extremities begin to grow cold, the lips pale, or the patient complains of being fick or faint, it muft immediately be ftopped.

For

For this purpose, the patient should be set nearly upright, with his head reclining a little, and his legs immersed in water, about the warmth of new milk. His hands ought likewise to be put into luke-warm water, and his garters may be tied a little tighter than usual.

Internal medicines can hardly be of use here, as they have seldom time to operate. It may not, however, be amiss to give the patient half an ounce of Glauber's salt, and the same quantity of manna, dissolved in four or five ounces of barley-water. This may be taken at a draught, and repeated, if it does not operate, in a few hours.

If the genitals be immersed for some time in cold water, it will generally stop a bleeding at the nose. This generally succeeds.

After the bleeding is stopped, the patient ought to be kept as easy and quiet as possible. He should not pick his nose, nor take away the tents or clotted blood, till they fall off of their own accord, and should not lie with his head low.
Buchan. Chambers.

Head-Ach.

Sometimes the pain is internal, sometimes external ; sometimes it is an original disease, and at other times only symptomatic. When the head-ach proceeds from a hot bilious habit, the pain is very acute and throbbing, with a considerable heat of the part affected. When from a cold phlegmatic habit, the patient complains of a dull heavy pain, and has a sense of coldness in the part. This kind of head-ach is sometimes attended with a degree of stupidity or folly.

In persons of a full habit, who abound with blood, or other humours, the head-ach often proceeds from the suppression of customary evacuations; as bleeding at the nose, sweating of the feet, &c. Also coldness of the extremities, or hanging down the head for a long time. Whatever prevents the return of the blood from the head, will likewise occasion a head-ach; as looking long obliquely at any object, or wearing any thing tight about the neck.

Sometimes the head-ach proceeds from the repulsion or retrocession of the gout, the erysipelas, the small-pox, measles, itch, or other eruptive diseases. Inanition, or emptiness, will also occasion head-achs. Nurses who give suck too long, or who do not take a sufficient quantity of solid food.

There is likewise a most violent, fixed, constant, and almost intolerable head-ach, which occasions great debility both of body and mind, prevents sleep, destroys the appetite, causes a *vertigo*, dimness of sight, a noise in the ears, convulsions, epileptic fits, and sometimes vomiting, costiveness, coldness of the extremities, &c.

When a head-ach attends an acute fever, with pale urine, it is an unfavourable symptom. In excessive head-achs, coldness of the extremities is a bad sign.

When the disease continues long, and is very violent, it often terminates in blindness, an apoplexy, deafness, a *vertigo*, the palsy, epilepsy, &c.

In this disease the cool regimen in general is to be observed. The diet ought to consist of such emollient substances as will correct the acrimony of the humours, and keep the body open;

as

as apples boiled in milk, spinach, turnips, and such like. The drink ought to be diluting ; such as barley-water. The patient ought as much as possible to keep in an erect posture, and not to lie with his head too low.

When the head-ach is owing to excess of blood, or an hot bilious constitution, bleeding is necessary. The patient may be bled in the jugular vein, and the operation repeated, if there be occasion. Cupping also, or the application of leeches to the temples, and behind the ears, will be of service. Afterwards a blistering plaister may be applied to the neck, behind the ears, or to any part of the head that is most affected. In some cases it will be proper to blister the whole head. In persons of a gross habit, issues or perpetual blisters will be of service. The body ought likewise to be kept open by gentle laxatives.

When the head-ach is occasioned by the stoppage of a running at the nose, the patient should frequently smell to a bottle of volatile salts ; he may likewise take snuff, or any thing that will irritate the nose, so as to promote a discharge from it ; as the herb mastic, ground-ivy, &c.

A *hemicrania*, especially a periodical one, is generally owing to a foulness of the stomach, for which gentle vomits must be administered, as also purges of rhubarb.

When the patient cannot bear the loss of blood, his feet ought frequently to be bathed in lukewarm water, and well rubbed with a coarse cloth. Cataplasms with mustard or horse-radish ought likewise to be applied to them. This course is peculiarly necessary when the pain proceeds from a gouty humour affecting the head.

When

When the head-ach is occasioned by great heat, hard labour, or violent exercise of any kind, it may be allayed by cooling medicines, as the saline draughts with nitre, and the like.

A little of Ward's essence, dropped into the palm of the hand, and applied to the forehead, will sometimes remove a violent head-ach; and so will æther, when applied in the same manner.

The Ear-Ach.

This disorder is sometimes so violent, as to occasion great restlessness, anxiety, and even delirium.

It often proceeds from a sudden suppression of perspiration, or from the head being exposed to cold when covered with sweat. It may also be occasioned by worms, or other insects getting into the ear, or being bred there; or from any hard body sticking in the ear.

When the ear-ach proceeds from insects, or any hard body sticking in the ear, every method must be taken to remove them as soon as possible. The membranes may be relaxed by dropping into the ear oil of sweet almonds, or olive oil. Afterwards the patient should be made to sneeze, by taking snuff, or some strong sternutatory. If this should not force out the body, it must be extracted by art. Insects sometimes come out upon pouring in oil, which is a thing they cannot bear.

When the pain of the ear proceeds from inflammation, it may be fomented. An exceeding good method of fomenting the ear is to apply it close to the mouth of a jug filled with warm water, or a strong decoction of camomile-flowers.

The

The patient's feet should be frequently bathed in luke-warm water, and he ought to take small doses of nitre and rhubarb, viz. a scruple of the former, and ten grains of the latter, three times a day. His drink may be whey, or decoction of barley and liquorice with figs or raisins. The parts behind the ear ought frequently to be rubbed with camphorated oil, or a little of the volatile liniment.

Pains in the Stomach.

This may proceed from various causes; as indigestion; wind; the acrimony of the bile; sharp, acrid, or poisonous substances taken into the stomach, &c. It may likewise be occasioned by worms; the stoppage of customary evacuations; a translocation of gouty matter to the stomach, the bowels, &c.

Women in the decline of life are very liable to pains of the stomach and bowels, especially such as are afflicted with hysteric complaints. It is likewise very common to hypochondriac men of a sedentary and luxurious life. In such persons it often proves so extremely obstinate as to baffle all the powers of medicine.

When the pain of the stomach is most violent after eating, there is reason to suspect that it proceeds from some fault either in the indigestion or in the food. In this case the patient ought to change his diet till he finds what kind of food agrees best with his stomach, and should continue chiefly to use it. If a change of diet does not remove the complaint, the patient may take a gentle vomit, and afterwards a dose or two of rhubarb. He ought likewise to take an infusion
of

of camomile flowers, or some other stomachic bitter, either in wine or water. I have often known exercise remove this complaint, especially sailing, or a long journey on horseback, or in a carriage.

When a pain of the stomach proceeds from flatulency, the patient is constantly belching up wind, and feels an uneasy distention of the stomach after meals. This is a most deplorable disease, and is seldom thoroughly cured. In general, the patient ought to avoid all windy diet, and every thing that fours on the stomach, as greens, roots, &c.

If a pain of the stomach proceeds from the stoppage of customary evacuations, bleeding will be necessary, especially in sanguine and very full habits. It will likewise be of use to keep the body gently open by mild purgatives, as rhubarb or senna, &c. When this disease affects women, in the decline of life, after the stoppage of the *menfes*, making an issue in the leg or arm will be of peculiar service.

The Heart-burn.

What is commonly called the *heart-burn*, is not a disease of that organ, but an uneasy sensation of heat or acrimony about the pit of the stomach, which is sometimes attended with anxiety, nausea, and vomiting.

Persons who are liable to this complaint ought to avoid stale liquors, acids, windy or greasy aliments, and should never use violent exercise soon after a plentiful meal. I know many persons who never fail to have the heart-burn if they ride soon after dinner, provided they have drank ale, wine,
or

or any fermented liquor; but are never troubled with it when they have drank rum or brandy and water without any sugar or acid.

When the heart-burn proceeds from debility of the stomach, or indigestion, the patient ought to take a dose or two of rhubarb; afterwards he may use infusions of the Peruvian bark, or any other of the stomachic bitters, in wine or brandy. Exercise in the open air will likewise be of use, and every thing that promotes digestion.

When bilious humours occasion the heart-burn, a tea-spoonful of the sweet spirit of nitre in a glass of water, or a cup of tea, will generally give ease. If it proceeds from the use of greasy aliments, a dram of brandy or rum may be taken.

If acidity or sourness of the stomach occasions the heart-burn, absorbents are the proper medicines. In this case an ounce of powdered chalk, half an ounce of fine sugar, and a quarter of an ounce of gum-arabic, may be mixed in an English quart of water, and a tea-cupful of it taken as often as is necessary. Such as do not chuse chalk may take a tea-spoonful of prepared oyster shells, or of the powder called crabs-eyes, in a glass of cinnamon or peppermint-water. But the safest and best absorbent is *magnesia alba*. This not only acts as an absorbent, but likewise as a purgative; whereas chalk, and other absorbents, of that kind, are apt to lie in the intestines, and occasion obstructions. This powder is not disagreeable, and may be taken in a cup of tea, or a glass of mint-water. A large tea-spoonful is the usual dose; but it may be taken in a much greater quantity when there is occasion. These things are now generally made up into lozenges for the

M

conve-

conveniency of being carried in the pocket, and taken at pleasure.

If wind be the cause of this complaint, the most proper medicines are those called carminatives; as anniseeds, juniper-berries, ginger, *cannella alba*, cardamon seeds, &c. These may either be chewed, or infused in wine, brandy, or other spirits. One of the safest medicines of this kind is the tincture made by infusing an ounce of rhubarb, and a quarter of an ounce of the lesser cardamon seeds, in an English pint of brandy. After this has digested for two or three days, it ought to be strained, and four ounces of white sugar candy added to it. It must stand to digest a second time till the sugar be dissolved. A table-spoonful of it may be taken occasionally for a dose.

The heart-burn has often been cured, particularly in pregnant women, by chewing green tea.

The Hiccup.

This may proceed from excess in eating or drinking; from a hurt of the stomach; poisons; inflammations or schirrous tumours of the stomach, intestines, bladder, midriff, or the rest of the *viscera*. In gangrenes, acute and malignant fevers, a hiccup is often the forerunner of death.

When the hiccup proceeds from the use of aliment that is flatulent, or hard of digestion, a draught of generous wine, or a dram of any spirituous liquor, will generally remove it. If poison be the cause, plenty of milk and oil must be drank, as has been formerly recommended. When it proceeds from an inflammation of the stomach, &c. it is very dangerous. In this case
the

the cooling regimen ought to be strictly observed. The patient must be bled, and take frequently a few drops of the sweet spirits of nitre in a cup of wine whey. His stomach should likewise be fomented with cloths dipped in warm water, or have bladders filled with warm milk and water applied to it.

When the hiccup proceeds from a gangrene or mortification, the Peruvian bark, with other antiseptics, are the only medicines which have a chance to succeed. When it is a primary disease, and proceeds from a foul stomach, loaded either with a pituitous or a bilious humour, a gentle vomit and purge, if the patient be able to bear them, will be of service.

When the hiccup proves very obstinate, recourse must be had to the most powerful aromatic and antispasmodic medicines. The principal of these is musk; fifteen or twenty grains of which may be made into a bolus, and repeated occasionally. Opiates are likewise of service; but they must be used with caution. A bit of sugar dipped in compound spirits of lavender, or the volatile aromatic tincture, may be taken frequently. External applications are sometimes also beneficial; as the stomach plaister, or a cataplasm of the Venice treacle of the Edinburgh or London dispensatory, applied to the region of the stomach.

Dislocation, vulgarly called a Breaking of the Neck.

This may happen by falls, or violent blows. In this case, if the patient receives no assistance, he soon dies, which makes people imagine the neck was broken: it is, however, for the most part only partially dislocated, and may be reduced

by almost any person of resolution. A complete dislocation of the neck is instantaneous death.

When the neck is dislocated, the patient is deprived of all sense and motion, his countenance is bloated, and his chin lies upon his breast.

To reduce this dislocation, the patient should immediately be laid upon his back on the ground, and the operator must place himself behind him so as to be able to lay hold of his head with both hands, while he makes a resistance by placing his knees against the patient's shoulder. In this posture he must pull the head with force, gently twisting it at the same time, if the face be turned to one side, till he perceives, that the joint is replaced, which may be known from the noise which the bones generally make when going in, the patient's beginning to breathe, and the head continuing in its natural posture.

This is one of those operations which it is more easy to perform than describe. It has been happily performed even by women, and often by men of no medical education. After the neck is reduced, the patient ought to be bled, and should be suffered to rest for some days, till the parts recover their proper tone.

Rickets.

This disease generally attacks children between the age of nine months and two years. It prevails most in towns where the inhabitants follow sedentary employments, neglecting either to take proper exercise themselves, or to give it to their children.

One cause of the rickets is diseased parents. Mothers of a weak relaxed habit, who neglect exercise,

exercise, and live upon weak watery diet. Accordingly we find, that the children of such women generally die of the rickets, the scrophula, consumptions, or such like diseases. Children begotten by men in the decline of life, who are subject to the gout, the gravel, or other chronic diseases, are likewise very liable to the rickets.

Any disorder that weakens the constitution, as the small-pox, measles, teething, &c. disposes them to this disease. It may likewise be occasioned by improper diet, as food that is either too weak or watery.

Bad nursing is the chief cause of this disease : for children suffer oftener by want of care in nurses than want of food. Allowing an infant to lie or sit too much, or not keeping it thoroughly clean in its clothes, has the most pernicious effects.

The want of free air is likewise very hurtful to children in this respect. A healthy child should always be in motion, unless when asleep ; if it be suffered to lie, or sit, instead of being tossed and dandled about, it will not thrive.

At the beginning of this disease the child's flesh grows soft and flabby ; its strength is diminished ; it loses its wonted cheerfulness, looks more grave and composed than is natural for its age, and does not chuse to be moved. The head and belly become too large in proportion to the other parts ; the face appears full, and the complexion florid. Afterwards the bones begin to be affected, especially in the more soft and spongy parts. Hence the wrists and ancles become thicker than usual ; the spine or back-bone puts on an unnatural shape ; the breast is likewise often deformed.

As

As this disease is always attended with evident signs of weakness and relaxation, our chief aim in the cure must be to brace and strengthen the solids, and to promote digestion and the due preparation of the fluids. These important ends will be best answered by wholesome nourishing diet, suited to the age and strength of the patient, open dry air, and sufficient exercise. The limbs should be rubbed frequently with a warm hand, and the child kept as cheerful as possible.

The diet ought to be dry and nourishing, as good bread, roasted flesh, &c. Biscuits is generally reckoned the best bread, and pigeons, pullets, veal, rabbits; or mutton roasted or minced, are the most proper flesh. If the child be too young for flesh meats he may have rice, millet, or pearl-barley boiled with raisins, to which may be added a little wine and spice. His drink may be good claret, mixed with an equal quantity of water. Those who cannot afford claret, may give the child now and then a wine-glass of mild ale, or good porter.

Medicines are here of little avail. The disease may often be cured by the nurse, but seldom by the physician. In children of a gross habit, gentle vomits and repeated purges of rhubarb may sometimes be of use, but they will seldom carry off the disease; use the cold bath, especially in the warm season. It must, however, be done with prudence, as some ricketty children cannot bear it. The best time for using the cold bath is in the morning, and the child should be well rubbed with a dry cloth immediately after he comes out of it. If the child should be weakened by the cold bath, it must be discontinued.

Sometimes

Sometimes issues have been found beneficial in this disease. They are peculiarly necessary for children who abound with gross humours. An infusion of the Peruvian bark in wine or ale would be of great service.

Melancholy.

Melancholy is that state of alienation or weakness of the mind which renders people incapable of enjoying the pleasures, or performing the duties of life. It is a degree of insanity, and often terminates in absolute madness.

It may proceed from an hereditary disposition; intense thinking; violent passions or affections of the mind, as love, fear, joy, grief, and such like; also from poisons, a sedentary life, solitude, the suppression of customary evacuations, acute fevers, or other diseases. Violent anger will change melancholy into madness; and excessive cold, especially of the lower extremities, will force the blood into the brain, and produce all the symptoms of madness. To all which we may add gloomy or mistaken notions of religion.

When persons begin to be melancholy, they are timorous, watchful, fond of solitude, fretful, fickle, captious, and inquisitive, solicitous about trifles; sometimes niggardly, and at other times prodigal. The body is generally bound; the urine thin, and in small quantity; the stomach and bowels inflated with wind, the complexion pale, the pulse slow and weak. The functions of the mind are also greatly perverted, insomuch that the patient often imagines himself dead, or changed into some other animal. Some have imagined their bodies were made of glass, or
other

other brittle substances, and were afraid to move, lest they should be broken to pieces. The unhappy patient, in this case, unless carefully watched, is apt to put an end to his own miserable life.

When the disease is owing to an obstruction of customary evacuations, or any bodily disorder, it is easier cured than when it proceeds from affections of the mind, or an hereditary taint. A discharge of blood from the nose, looseness, scabby eruptions, the bleeding piles, or the *menfes*, sometimes carry off this disease.

The diet should consist chiefly of vegetables of a cooling and opening quality. Animal food, especially salted or smoke-dried fish or flesh, ought to be avoided.

The most proper drink is water, whey, or small beer. Tea and coffee are improper. If honey agrees with the patient, it may be eaten freely, or his drink may be sweetened with it. Infusions of balm-leaves, penny-royal, the roots of wild valerian, or the flowers of the lime-tree, may be drank freely, either by themselves, or sweetened with honey, as the patient shall chuse.

The patient ought to take as much exercise in the open air as he can bear. This promotes the perspiration, and all other secretions. Every kind of madness is attended with a diminishing perspiration; all means ought therefore to be used to promote that necessary and salutary discharge. Were he forced to ride or walk a certain number of miles every day, it would tend greatly to alleviate his disorder.

In the cure of this disease particular attention must be paid to the mind. When the patient is in a low state, his mind ought to be soothed and
diverted

diverted with a variety of amusements, as entertaining stories, pastimes, music, &c.

When the patient is high, evacuations are necessary. In this case he must be bled, and have his body kept open by purging medicines, as manna, rhubarb, cream of tartar, or the soluble tartar. I have seen the last have very happy effects. It may be taken in the dose of half an ounce, dissolved in water-gruel, every day, for sundry weeks, or even for months, if necessary. More or less may be given according as it operates. Vomits have likewise a good effect; but they must be pretty strong, otherwise they will not operate.

Whatever increases the evacuation of urine or promotes perspiration, has a tendency to remove this disease. Both these secretions may be promoted by the use of nitre and vinegar.

Wounds.

No part of medicine has been more mistaken than the treatment or cure of wounds. Mankind in general believe that certain herbs, ointments, and plaisters are possessed of wonderful healing powers, and imagine that no wound can be cured without the application of them. It is however a fact, that no external application whatever contributes towards the cure of a wound, any other way than by keeping the parts soft, clean, and defending them from the external air, which may be as effectually done by dry lint, as by the most pompous applications, while it is exempt from many of the bad consequences attending them.

N

The

The same observation holds with respect to internal applications. These only promote the cure of wounds as far as they tend to prevent a fever, or to remove any cause that might obstruct or impede the operations of Nature. It is Nature alone that cures wounds.

I shall, however, confine myself to external wounds, recommending a skilful surgeon for the cure of internal ones.

The first thing to be done when a person has received a wound, is to examine whether any foreign body be lodged in it, as wood, stone, iron, lead, glass, dirt, bits of cloth, or the like. These, if possible, ought to be extracted, and the wound cleaned, before any dressings be applied. When that cannot be effected with safety, on account of the patient's weakness, or loss of blood, they must be suffered to remain in the wound, and afterwards extracted when he is more able to bear it.

If the wound be in any of the limbs, and a copious bleeding follows, it may be stopped by a bandage round the limb a little above the wound.

In slight wounds, which do not penetrate much deeper than the skin, the best application is a bit of the common black sticking plaister. This keeps the sides of the wound together, and prevents the air from hurting it, which is all that is necessary. When a wound penetrates deep, it is not safe to keep its lips quite close: this keeps in the matter, and is apt to make the wound fester. In this case the best way is to fill the wound with soft lint. It must not be stuffed in too hard, as it will do hurt. The lint may be covered with
a cloth

a cloth dipped in oil, and kept on by a proper bandage.

The first dressing ought to continue on for at least two days; after which it may be removed, and fresh lint applied as before.

When a wound is greatly inflamed, the most proper application is a poultice of bread and milk, softened with a little sweet oil or fresh butter. This must be applied instead of a plaister, and should be changed twice a day.

If the wound be large, and there is reason to fear an inflammation, the patient should be kept on a very low diet. He must abstain from flesh, strong liquors, and every thing that is of a heating nature.

For broken shins, when the skin only is scraped off, a piece of brown paper moistened with brandy is generally sufficient; moisten the paper every day, but do not take it off till the part is quite healed. Taking off the paper admits the air to it and retards the cure.

Bruises.

These are generally productive of worse consequences than wounds. The danger does not appear immediately, by which means it often happens that they are neglected.

In slight bruises it will be sufficient to bathe the part with warm vinegar, to which a little brandy or rum may occasionally be added, and to keep cloths wet with this mixture constantly applied to it. This is more proper than rubbing it with brandy, spirits of wine, or other ardent spirits, which are commonly used in such cases.

In some parts of the country the peasants apply to a recent bruise a cataplasm of fresh cow-dung. I have often seen this cataplasm applied to violent contusions occasioned by blows, falls, bruises, and such like, and never knew it fail to have a good effect.

When a bruise is very violent, the patient ought immediately to be bled, and put upon a proper regimen. His food should be light and cool, and his drink weak, and of an opening nature; as whey sweetened with honey, decoctions of tamarinds, barley, cream-tartar-whey, and such like. The bruised part must be bathed with vinegar and water, as directed above; and a poultice, made by boiling crumb of bread, elder-flowers, and camomile-flowers, in equal quantities of vinegar and water, applied to it. This poultice is peculiarly proper when a wound is joined to the bruise. It may be renewed two or three times a-day.

WOMEN,

Of a delicate habit, whose stomach and intestines are relaxed, are often subject to

Hysteric Affections.

Their nervous system being extremely sensible, is the most probable reason why they are more accustomed to these diseases than men. An hysteric fit, as it is called, may be brought on by an irritation of the nerves, or the stomach, or other intestines; by wind; acrid humors, or the like:

it

it may also be excited by grief, fear, anger, or any violent passions or affections of the mind ; as also by a sudden suppression of the *menfes*.

Symptoms.—The Hysteric Fit, at times, resembles a swoon or fainting fit, during which the patient lies as in a sleep, only the breathing is so low as scarcely to be perceived ; at other times the patient is affected with catchings and strong convulsions. The symptoms which precede them, are likewise various in different persons. Sometimes the fits come on with coldness of the extremities, yawning and stretching, lowness of spirits, oppression and anxiety. At other times, the approach of the fit is foretold by a feeling, as if there were a ball at the lower part of the belly, which gradually rises towards the stomach, where it occasions inflation, sickness, and sometimes vomiting ; afterwards it rises into the gullet, and occasions a degree of suffocation ; to which quick breathing, palpitation of the heart, giddiness of the head, dimness of sight, loss of hearing, with convulsive motions of the extremities and other parts of the body, succeed. The paroxysm is often introduced by an immoderate fit of laughter, and goes off by crying. Indeed, there is not much difference between the laughing and crying of an highly hysteric lady.

It is customary, during the hysteric fit or paroxysm to bleed the patient ; and, in strong persons of a plethoric habit, and where the pulse is full, it may be proper—but, in weak and delicate constitutions, or where the disease has been of long standing, or arises from inanition, it is not safe. The best course, in such cases, is to rouse the patient by strong smells, as burnt feathers, asafoetida, or spirits of hartshorn held to the nose. Hot
bricks

bricks may also be applied to the soles of the feet, and the legs, arms, and belly may be strongly rubbed with a warm cloth. But the best application is to put the feet and legs into warm water. This is peculiarly proper when the fits precede the flow of the menses. In case of costiveness, a laxative clyster with asafœtida will be proper; and, as soon as the patient can swallow, two table-spoonfuls of a solution of asafœtida, or of some cordial julep may be given.

The radical cure of this disorder will be best attempted at a time when the patient is most free from fits. It will be greatly promoted by a proper attention to diet. A milk and vegetable diet, when duly persisted in, will often perform a cure. If, however, the patient has been accustomed to a more generous diet, it will not be safe to leave it off all at once, but by degrees. The most proper drink is water with a small quantity of spirits. A cool dry air is the best. Cold bathing, and every thing that braces the nerves and invigorates the system, is beneficial; but lying too long in bed, or whatever relaxes the body, is hurtful. It is of the greatest importance to have the mind kept constantly easy and cheerful, and, if possible, to have it always engaged in some agreeable and interesting pursuit.

The proper medicines are those which strengthen the alimentary canal and the whole nervous system, as the preparations of iron, the Peruvian bark, and other bitters. Twenty drops of the elixir of vitriol, in a cup of the infusion of the bark, may be taken twice or thrice a-day. The bark and iron may likewise be taken in substance, provided the stomach can bear them; but they are
generally

generally given in too small doses to have any effect. The chalybeate waters generally prove beneficial in this disorder.

If the stomach is loaded with phlegm, vomits will be of use; but they should not be too strong, nor frequently repeated, as they tend to relax and weaken the stomach. If there be a tendency to costiveness, it must be removed either by diet, or by taking an opening pill as often as it shall be found necessary.

To lessen the irritability of the system, antispasmodic medicines will be of use. The best antispasmodic medicines are musk, opium, and castor. When opium disagrees with the stomach, it may either be applied externally, or given in clysters. It is often successful in removing those periodical head-achs to which hysteric and hypochondriac patients are subject. Castor has in some cases been found to procure sleep where opium failed; for which reason Dr. Whytt advises, that they should be joined together. He likewise recommends the anti-hysteric plaister to be applied to the *abdomen*.

Hysteric women are often afflicted with cramps in various parts of the body, which are most apt to seize them in bed, or when asleep. The most efficacious medicines in this case are opium, blistering-plaisters, and warm bathing or fomentations. When the cramp or spasm is very violent, opium is the remedy most to be depended on. In milder cases, immersing the feet and legs in warm water, or applying a blistering-plaister to the part affected, will often be sufficient to remove the complaint. In patients whose nerves are uncommonly delicate and sensible, it will be better to omit the blistering-plaister, and to attempt

tempt the cure by opiates, musk, camphire, and the warm bath.

Cramps are often prevented or cured by compression. Thus cramps in the legs are prevented, and sometimes removed, by tight bandages; and when convulsions arise from a flatulent distention of the intestines, or from spasms beginning in them, they may be often lessened or cured by making a pretty strong compression upon the *abdomen* by means of a broad belt. A roll of brimstone held in the hand is frequently used as a remedy for cramps. Though this seems to owe its effect chiefly to imagination, yet, as it sometimes succeeds, it merits a trial. When spasms or convulsive motions arise from sharp humours in the stomach and intestines, no lasting relief can be procured till these are either corrected or expelled. The Peruvian bark has sometimes cured periodic convulsions after other medicines had failed.

Of Hypochondriac Affections.

This disease generally attacks the indolent, the luxurious, the unfortunate, and the studious. It becomes daily more common in this country, owing, no doubt, to the increase of luxury and sedentary employments. It has so near a resemblance to the immediately preceding, that many authors consider them as the same disease, and treat them accordingly. They require, however, a very different regimen; and the symptoms of the latter, though less violent, are more permanent than those of the former.

Men of a melancholy temperament, whose minds are capable of great attention, and whose
passions

passions are not easily moved, are, in the advanced periods of life, most liable to this disease. It is usually brought on by long and serious attention to abstruse subjects, grief, the suppression of customary evacuations, excess of venery, the repulsion of cutaneous eruptions, long continued evacuations, obstructions in some of the viscera, as the liver, spleen, &c.

Hypochondriac persons ought never to fast long, and their food should be solid and nourishing. All acescent and windy vegetables are to be avoided. Flesh meats agree best with them, and their drink should be old claret or good madeira. Should these disagree with the stomach, water with a little brandy or rum in it may be drank.

Cheerfulness and serenity of mind are by all means to be cultivated. Exercise of every kind is useful. The cold bath is likewise beneficial; and, where it does not agree with the patient, frictions with the flesh-brush or a coarse cloth may be tried. If the patient has it in his power, he ought to travel either by sea or land. A voyage or a long journey, especially towards a warmer climate, will be of more service than any medicine.

The general intentions of cure, in this disease, are to strengthen the alimentary canal, and to promote the secretions. These intentions will be best answered by the different preparations of iron and the Peruvian bark, which, after proper evacuations, may be taken in the same manner as directed in the preceding disease.

If the patient be costive, it will be necessary to make use of some gentle opening medicine, as pills composed of equal parts of aloes, rhubarb,
O and

and asafoetida, with as much of the elixir proprietatis as is necessary to form the ingredients into pills. Two, three, or four of these may be taken as often as it shall be found needful to keep the body gently open. Such as cannot bear the asafoetida may substitute Spanish soap in its place.

Though a cheerful glass may have good effects in this disease, yet all manner of excess is hurtful. Intense study, and every thing that depresses the spirits, are likewise pernicious.

In all persons afflicted with nervous disorders, there is a great delicacy and sensibility of the whole system, and an uncommon degree of weakness of the organs of digestion. These may be either natural or acquired. When owing to a defect in the constitution, they are hardly to be removed; but may be mitigated by proper care. When induced by diseases, as long or repeated fevers, profuse hæmorrhages, or the like, they prove also very obstinate, and will yield only to a course of regimen calculated to restore and invigorate the habit.

But nervous affections arise more frequently from causes, which it is in a great measure in our own power to avoid, than from diseases, or an original fault in the constitution, &c. Excessive grief, intense study, improper diet, and neglect of exercise, are the great sources of this extensive class of diseases.

It has been already observed, that grief indulged destroys the appetite and digestion, depresses the spirits, and induces an universal relaxation and debility of the whole system. Instances of this are daily to be seen. The loss of a near relation, or any other misfortune in life, is often sufficient to occasion the most complicated series
of

of nervous symptoms. Such misfortunes indeed are not to be avoided, but surely their effects, by a vigorous and proper exertion of the mind, might be rendered less hurtful.

The effects of intense study are nearly similar to those occasioned by grief. It preys upon the animal spirits, and destroys the appetite and digestion. To prevent these effects, studious persons ought, according to the Poet, *to toy with their books*. They should never study too long at a time; nor attend long to one particular subject, especially if it be of a serious nature. They ought likewise to be attentive to their posture, and should take care frequently to unbend their minds by music, diversions, or going into agreeable company.

With regard to diet, I shall only observe, that nervous diseases may be induced either by excess or inanition. Both of these extremes hurt the digestion and vitiate the humours. When Nature is oppressed with fresh loads of food, before she has had time to digest and assimilate the former meal, her powers are weakened, and the vessels are filled with crude humours. On the other hand, when the food is not sufficiently nourishing, or is taken too seldom, the bowels are inflated with wind, and the humours, for want of regular fresh supplies of wholesome chyle, are vitiated. These extremes are therefore with equal care to be avoided. They both tend to induce a relaxation and debility of the nervous system, with all its dreadful train of consequences. Animal food, although designed for man, and which with a proper mixture of vegetables will be found wholesome for one meal in a day; yet to gorge beef, mutton, pork, fish and fowl, twice

or thrice a-day must be unwholesome, and bring on the scurvy with its numerous train of consequences, indigestion, low spirits, hypochondriacism, &c.

But the most general cause of nervous disorders is *indolence*. The active and laborious are seldom troubled with them. They are reserved for the children of ease and affluence, who generally feel their keenest force. All that can be said of such persons is, that the means of prevention and cure are in their own power. If the constitution of human nature be such, that man must either labour or suffer diseases, surely no individual has any right to expect an exemption from the general rule.

Those who would take exercise but are confined by their occupations to the house, may derive assistance from using bracing and strengthening medicines; such as, the Peruvian bark with other bitters, the preparation of steel, elixir of vitriol, and the like. *Buchan.*

Of Pregnancy.

Some women (though few in comparison,) are more healthy during this time, than at any other. The complaints in this state are numerous and require attention; yet few are attended with great danger, except abortion*.

Causes.

* Nothing can be more heinous than for any one to run the risk of procuring an abortion, to prevent the rearing or bringing up of children. It is a crime of as great magnitude, and more unnatural than any perhaps ever suggested, and cannot be thought of by the most abandoned without horror and compunction. Whatever feelings a decent matron may experience from a sense of shame; whenever she condescends to such an act she lessens herself beneath
the

Causes.—The death of the child ; weakness, or relaxation of the mother ; great evacuations ; violent exercise ; lifting heavy weights, reaching too high, jumping, vomiting, coughing, or any thing that may occasion a strain ; blows, falls, violent passions or affections of the mind, &c. are the common causes.

The signs of approaching abortion are, pain in the loins, or about the bottom of the belly ; a dull heavy pain in the inside of the thighs ; a slight degree of coldness, or shivering ; sickness ; palpitation of the heart ; the breasts become flat and soft ; the belly falls ; and there is a discharge of blood or watery humours from the womb.

To prevent abortion, we would advise women of a weak or relaxed habit to use solid food, avoiding great quantities of tea, and other weak and watery liquors ; to rise early and go soon to bed ; to shun damp houses ; to take frequent exercise in the open air, but to avoid fatigue ; and never to go abroad in damp foggy weather, if they can shun it.

Women of a full habit ought to use a spare diet, avoiding strong liquors, and every thing

the brute creation and becomes an execrable object.—It is much to be lamented, that SEDUCTION becomes more prevalent with mankind : The virtue and decorum of the British fair cannot be too much applauded by the nation at large, as tending to support morality and order, whilst they are the envy of other nations—nevertheless, when an innocent creature has been deluded by the art of an accomplished villain or one with whom she has been acquainted from her infancy, Humanity pleads that she should not be so much despised by her sex and abandoned by her relations, as the author of her misfortunes should be punished, and if not by law, by the contempt of mankind, in shunning his company, and driving him from society as an assassin of innocence and an enemy to peace and harmony.

that

that may tend to heat the body, or increase the quantity of blood. Their diet should be of an opening nature, consisting principally of vegetable substances. Every woman with child ought to be kept cheerful and easy in her mind. Her appetites, even though depraved, ought to be indulged as far as prudence will permit.

When any signs of abortion appear, the woman ought to be laid in bed on a mattress, with her head low. She should be kept quiet, and her mind soothed and comforted. She ought not to be kept too hot, nor to take any thing of a heating nature. Her food should consist of broths, rice, and milk, jellies, gruels made of oatmeal, and the like, all of which ought to be taken cold.

If she be able to bear it, she should lose at least half a pound of blood from the arm. Her drink ought to be barley water sharpened with juice of lemon; or she may take half a drachm of powdered nitre, in a cup of water-gruel, every five or six hours. If the woman be seized with a violent looseness, she ought to drink the decoction of calcined hartshorn prepared. If she be affected with vomiting, let her take frequently two table spoonfuls of the saline mixture. In general, opiates are of service; but they should always be given with caution.

Sanguine robust women, who are liable to miscarry at a certain time of pregnancy, ought always to be bled a few days before that period arrives. By this means, and observing the regimen above prescribed; they might often escape that misfortune.

Though we recommend due care for preventing abortion, we would not be understood as restraining

straining pregnant women from their usual exercises. This would generally operate the quite contrary way. Want of exercise not only relaxes the body, but induces a plethora, or too great a fulness of the vessels, which are the two principal causes of abortion. There are, however, some women of so delicate a texture, that it is necessary for them to avoid almost every kind of exercise during the whole period of pregnancy.

Of Child Birth.

Many diseases proceed from the want of due care in child-bed; and the more hardy part of the sex are most apt to despise the necessary precautions in this state. This is peculiarly the case with young wives. They think, when the labour pains are ended, the danger is over; but in truth it may only then be said to be begun. Nature, if left to herself, will seldom fail to expel the *fœtus*; but proper care and management are certainly necessary for the recovery of the mother. No doubt mischief may be done by too much as well as by too little care. Hence females who have the greatest number of attendants in child-bed generally recover worst. But this is not peculiar to the state of child-bed. Excessive care always defeats its own intention, and is generally more dangerous than none at all*. During

* Though the management of women in child-bed has been practised as an employment since the earliest accounts of time; yet it is still in most countries on a very bad footing. Few women think of following this employment till they are reduced to the necessity of doing it for bread. Hence not one in a hundred of them have any education, or proper knowledge of their business. It is true that Nature, if left to herself, will generally expel the *fœtus*; but
it

During actual labour, nothing of a heating nature ought to be given. The woman may now and then take a little panado, and her drink ought to be toast and water, or thin groat-gruel : Spirits, wines, cordial-waters, and other things which are given with a view to strengthen the mother, and promote the birth, for the most part tend only to increase the fever, inflame the womb, and retard the labour. Besides, they endanger the woman afterwards, as they often occasion violent and mortal hæmorrhages, or dispose her to eruptive or other fevers.

When the labour proves tedious and difficult, to prevent inflammations, it will be proper to bleed. An emollient clyster ought likewise frequently to be administered, and the patient should sit over the steams of warm water. The passage ought to be gently rubbed with a little soft *pomatum* or fresh butter, and cloths wrung out of warm water applied over the belly. If nature seems to sink, and the woman is greatly exhausted with fatigue, a draught of generous wine or some other cordial may be given, but not otherwise. These directions are sufficient in natural labours ; and in all preternatural cases, a skilful surgeon or man-midwife ought to be called as soon as possible.

it is equally true, that most women in child-bed require to be managed with skill and attention, and that they are often hurt by the superstitious prejudices of ignorant and officious midwives. The mischief done in this way is much greater than is generally imagined ; most of which might be prevented by allowing no women to practise midwifery but such as are properly qualified. Were due attention paid to this, it would not only be the means of saving many lives, but would prevent the necessity of employing men in this indelicate and disagreeable branch of medicine, which is, on many accounts, more proper for the other sex.

After

After delivery, the woman ought to be kept as quiet and easy as possible*. Her food should be light and thin, as gruel panado, &c. and her drink weak and diluting. To this rule, however, there are many exceptions. I have known several women, whose spirits could not be supported in child-bed without solid food and generous liquors; to such, a glass of wine and a bit of chicken must be allowed.

Sometimes an excessive hæmorrhage or flooding happens after delivery. In this case the patient should be laid with her head low, kept cool, and be in all respects treated as for an excessive flux of the *menfes*. If the flooding proves violent, linen cloths, which have been wrung out of a mixture of equal parts of vinegar and water, or red wine, should be applied to the belly, the loins, and the thighs; these must be changed as they grow dry; and may be discontinued as soon as the flooding abates†.

If there be violent pains after delivery, the patient ought to drink plentifully of warm diluting liquors, as groat gruel, or tea with a little saffron in it; and to take small broths, with carraway-seeds, or a bit of orange-peel in them; an

* We cannot help taking notice of that ridiculous custom which still prevails in some parts of the country, of collecting a number of women together upon such occasions. These, instead of being useful, serve only to crowd the house, and obstruct the necessary attendants. Besides; they hurt the patient with their noise; and often, by their untimely and impertinent advice, do much mischief.

† In a violent flooding after delivery, I have seen very good effects from the following mixture: Take of penny-royal water, simple cinnamon-water, and syrup of poppies, each two ounces, elixir of vitriol a drachm. Mix, and take two table-spoonfuls every two hours, or oftener, if necessary.

P

ounce

ounce of the oil of sweet almonds may likewise be frequently taken in a cup of any of the above liquors; and, if the patient be restless, a spoonful of the syrup of poppies may now and then be mixed with a cup of her drink. If she be hot or feverish, one of the following powders may be taken in a cup of her usual drink every five or six hours*.

An inflammation of the womb is a dangerous and not unfrequent disease after delivery. It is known by pains in the lower part of the belly, which are greatly increased upon touching; by the tension or tightness of the parts; great weakness; change of countenance; a constant fever, with a weak and hard pulse; a slight *delirium*, or raving; sometimes incessant vomiting; a hiccup; a discharge of reddish, stinking, sharp water from the womb; an inclination to go frequently to stool; a heat, and sometimes total suppression of urine.

This must be treated like other inflammatory disorders, by bleeding and plentiful dilution. The drink may be thin gruel or barley-water; in a cup of which half a drachm of nitre may be dissolved, and taken three or four times a-day. Clysters of warm milk and water must be frequently administered; and the belly should be fomented by cloths wrung out of warm water, or by applying bladders filled with warm milk and water to it.

* Take of crabs claws prepared half an ounce, purified nitre two drachms, saffron powdered half a drachm; rub them together in a mortar, and divide the whole into eight or nine doses.

When the patient is low spirited, or troubled with hysterical complaints, she ought to take frequently twelve or fifteen drops of the tincture of *alafetida* in a cup of penny-royal tea.

A sup-

A suppression of the *lochia*, or usual discharges after delivery, and the milk-fever, must be treated nearly in the same manner as an inflammation of the womb. In all these cases, the safest course is plentiful dilution, gentle evacuations, and fomentations of the parts affected. In the milk-fever, the breasts may be embrocated with a little warm linseed-oil, or the leaves of red cabbage may be applied to them. The child should be often put to the breast, or it should be drawn by some other person.

Nothing would tend more to prevent the milk-fever than putting the child early to the breast. The custom of not allowing children to suck for the first two or three days, is contrary to Nature and common sense, and is very hurtful both to the mother and child.

Every mother who has milk in her breasts, ought either to suckle her own child, or to have her breasts frequently drawn, at least for the first month. This would prevent many of the diseases which prove fatal to women in child-bed.

When an inflammation happens in the breast, attended with redness, hardness, and other symptoms of suppuration, the safest application is a poultice of bread and milk, softened with oil or fresh butter. This may be renewed twice a day, till the tumour be either dissolved or brought to suppuration. The use of repellents, in this case, is very dangerous; they often occasion fevers, and sometimes cancers; whereas a suppuration is seldom attended with any danger, and has often the most salutary effects.

When the nipples are fretted or chapt, they may be anointed with a mixture of oil and bees-

wax, or a little powdered gum-arabic may be sprinkled on them. I have seen Hungary water applied to the nipples have a very good effect. Should the complaint prove obstinate, a cooling purge may be given, which generally removes it.

The miliary fever is a disease incident to women in child-bed; but as it has been treated of already, we shall take no farther notice of it. The celebrated Hoffman observes, That this fever of child-bed women might generally be prevented, if they, during their pregnancy, were regular in their diet, used moderate exercise, took now and then a gentle laxative of manna, rhubarb, or cream of tartar; not forgetting to bleed in the first months, and avoid all sharp air. When the labour is coming on, it is not to be hastened with forcing medicines, which inflame the blood and humours, or put them into unnatural commotions. Care should be taken, after the birth, that the natural excretions proceed regularly; and if the pulse be quick, a little nitrous powder, or some other cooling medicines, should be administered.

The most fatal disorder consequent upon delivery is the *puerperal*, or child-bed fever. It generally makes its attack upon the second or third day after delivery. Sometimes indeed it comes on sooner, and at other times, though rarely, it does not appear before the fifth or sixth day.

It begins like most other fevers, with a cold or shivering fit, which is succeeded by restlessness, pain of the head, great sickness at the stomach, and bilious vomiting. The pulse is generally quick, the tongue dry, and there is a remarkable depression of spirits and loss of strength.

strength. A great pain is usually felt in the back, hips, and region of the womb; a sudden change in the quantity or quality of the *lochia* also takes place; and the patient is frequently troubled with a *tenesmus*, or constant inclination to go to stool. The urine, which is very high coloured, is discharged in small quantity, and generally with pain. The belly sometimes swells to a considerable bulk, and becomes susceptible of pain from the slightest touch. When the fever has continued for a few days, the symptoms of inflammation usually subside, and the disease acquires a more putrid form. At this period, if not sooner, a bilious or putrid looseness, of an obstinate and dangerous nature, comes on, and accompanies the disease through all its future progress.

There is no disease that requires to be treated with more skill and attention than this; consequently the best assistance ought always to be obtained as soon as possible. In women of plethoric constitutions, bleeding will generally be proper at the beginning; it ought however to be used with caution, and not to be repeated, unless where the signs of inflammation rise high; in which case it will also be necessary to apply a blistering-plaister to the region of the womb.

During the rigour, or cold fit, proper means should be used to abate its violence and shorten its duration. For this purpose the patient may drink freely of warm diluting liquors, and, if low, may take now and then a cup of wine whey; warm applications to the extremities, as heated bricks, bottles or bladders filled with warm water, and such like, may also be used with advantage.

Emollient

Emollient clysters of milk and water, or of chicken water, ought to be frequently administered through the course of the disease. These prove beneficial by promoting a discharge from the intestines, and also by acting as a kindly fomentation to the womb and parts adjacent. Great care however is requisite in giving them, on account of the tenderness of the parts in the *pelvis* at this time.

To evacuate the offending bile from the stomach, a vomit is generally given. But as this is apt to increase the irritability of the stomach, already too great, it will be safer to omit it, and to give in its stead a gentle laxative, which will both tend to cool the body, and to procure a free discharge of the bile *.

The medicine which I have always found to succeed best in this disease is the saline draught. This, if frequently repeated, will often put a stop to the vomiting, and at the same time lessen the violence of the fever. If it runs off by stool, or if the patient be restless, a few drops of laudanum, or some syrup of poppies, may occasionally be added.

If the stools should prove so frequent as to weaken and exhaust the patient, a starch clyster, with thirty or forty drops of laudanum in it, may be administered as occasion shall require; and the drink may be rice-water, in every English pint of which half an ounce of gum-arabic has

* Midwives ought to be very cautious in administering vomits or purges to women in child-bed. I have known a woman who was recovering extremely well, thrown into the most imminent danger, by a strong purge which was given her by an officious midwife.

been dissolved. Should these fail, recourse must be had to Columbo-root, or some other astringent medicines.

Though in general the food ought to be light, and the drink diluting; yet, when the disease has been long protracted, and the patient is greatly spent by evacuations, it will be necessary to support her with nourishing diet and generous cordials.

It was observed, that this fever, after continuing for some time, often acquires a putrid form. In this case the Peruvian bark must be given, either by itself, or joined with cordials, as circumstances may require. As the bark in substance will be apt to purge, it may be given in decoction or infusion mixed with the tincture of roses, or other gentle astringents; or, a scruple of the extract of bark with half an ounce of spirituous cinnamon-water, two ounces of common water, and ten drops of laudanum, may be made into a draught, and given every second, third, or fourth hour, as shall be found necessary.

When the stomach will not bear any kind of nourishment, the patient may be supported for some time by clysters of beef tea, or chicken-water.

To avoid this fever, every woman in childbed, ought to be kept perfectly easy; her food should be light and simple, and her bed-chamber cool and properly ventilated. There is not any thing more hurtful to a woman in this situation, than being kept too warm. She ought not to have her body bound too tight, nor to rise too soon from bed, after delivery; catching cold is also to be avoided;

Emollient clysters of milk and water, or of chicken water, ought to be frequently administered through the course of the disease. These prove beneficial by promoting a discharge from the intestines, and also by acting as a kindly fomentation to the womb and parts adjacent. Great care however is requisite in giving them, on account of the tenderness of the parts in the *pelvis* at this time.

To evacuate the offending bile from the stomach, a vomit is generally given. But as this is apt to increase the irritability of the stomach, already too great, it will be safer to omit it, and to give in its stead a gentle laxative, which will both tend to cool the body, and to procure a free discharge of the bile*.

The medicine which I have always found to succeed best in this disease is the saline draught. This, if frequently repeated, will often put a stop to the vomiting, and at the same time lessen the violence of the fever. If it runs off by stool, or if the patient be restless, a few drops of laudanum, or some syrup of poppies, may occasionally be added.

If the stools should prove so frequent as to weaken and exhaust the patient, a starch clyster, with thirty or forty drops of laudanum in it, may be administered as occasion shall require; and the drink may be rice-water, in every English pint of which half an ounce of gum-arabic has

* Midwives ought to be very cautious in administering vomits or purges to women in child-bed. I have known a woman who was recovering extremely well, thrown into the most imminent danger, by a strong purge which was given her by an officious midwife.

been dissolved. Should these fail, recourse must be had to Columbo-root, or some other astringent medicines.

Though in general the food ought to be light, and the drink diluting; yet, when the disease has been long protracted, and the patient is greatly spent by evacuations, it will be necessary to support her with nourishing diet and generous cordials.

It was observed, that this fever, after continuing for some time, often acquires a putrid form. In this case the Peruvian bark must be given, either by itself, or joined with cordials, as circumstances may require. As the bark in substance will be apt to purge, it may be given in decoction or infusion mixed with the tincture of roses, or other gentle astringents; or, a scruple of the extract of bark with half an ounce of spirituous cinnamon water, two ounces of common water, and ten drops of laudanum, may be made into a draught, and given every second, third, or fourth hour, as shall be found necessary.

When the stomach will not bear any kind of nourishment, the patient may be supported for some time by clysters of beef tea, or chicken-water.

To avoid this fever, every woman in childbed, ought to be kept perfectly easy; her food should be light and simple, and her bed-chamber cool and properly ventilated. There is not any thing more hurtful to a woman in this situation, than being kept too warm. She ought not to have her body bound too tight, nor to rise too soon from bed, after delivery; catching cold is also to be avoided;

avoided; and a proper attention should be paid to cleanliness.

To prevent the milk-fever, the breasts ought to be frequently drawn; and, if they are filled previous to the onset of a fever, they should upon its first appearance be drawn, to prevent the milk from becoming acrid, and its being absorbed in this state. Costiveness is likewise to be avoided. This will be best effected by the use of mild clysters and a laxative diet.

We shall now conclude our observations on child-bed women by recommending it to them, above all things to beware of cold. Poor women, whose circumstances oblige them to quit their bed too soon, often contract diseases from cold, of which they never recover. It is a pity the poor are not better taken care of in this situation.

But the better sort of women run the greatest hazard from too much heat. They are generally kept in a sort of bagnio for the first eight or ten days, and then dressed out to see company. The danger of this conduct must be obvious to every one.

The superstitious custom of obliging women to keep the house till they go to church, is likewise a very common cause of catching cold. All churches are damp, and most of them cold; consequently they are the very worst places to which a woman can go to make her first visit, after having been confined in a warm room for a month.

Of Barrenness.

Barrenness may be very properly reckoned among the diseases of females, as few married women

women who have not children enjoy a good state of health. It may proceed from various causes, as high living, grief, relaxation, &c. but it is chiefly owing to an obstruction or irregularity to the menstrual flux.

It is very certain that high living vitiates the humours, and prevents fecundity. We seldom find a barren woman among the labouring poor, while nothing is more common among the rich and affluent. The inhabitants of every country are prolific in proportion to their poverty; and it would be an easy matter to adduce many instances of women, who, by being reduced to live entirely upon a milk and vegetable diet, have conceived and brought forth children, though they never had any before. Would the rich use the same sort of food and exercise as the better sort of peasants, they would seldom have cause to envy their poor vassals and dependents the blessing of a numerous and healthy offspring, while they pine in sorrow for the want of even a single heir to their extensive domains.

Affluence begets indolence, which not only vitiates the humours, but induces a general relaxation of the solids; a state highly unfavourable to procreation. To remove this, we would recommend the following course: First, sufficient exercise in the open air; secondly, a diet consisting chiefly of milk and vegetables*; thirdly,
the

* Dr. Cheyne avers, that want of children is oftener the fault of the male than of the female, and strongly recommends a milk and vegetable diet to the former as well as the latter; adding that his friend Dr. Taylor, whom he calls the Milk-doctor of Croydon, had brought sundry opulent families in his neighbourhood, who had

the use of astringent medicines, as steel, allum, dragon's blood, elixir of vitriol, the Spa or Tunbridge waters, Peruvian bark, &c.; and lastly, above all, the cold bath.

Barrenness is often the consequence of grief, sudden fear, anxiety, or any of the passions which tend to obstruct the menstrual flux. When barrenness is suspected to proceed from affections of the mind, the person ought to be kept as easy and cheerful as possible; all disagreeable objects are to be avoided, and every method taken to amuse and entertain the fancy.

Of INFANTS.

The temper of Infants being very moist, Dr. Harris observes, their distempers are generally of the same kind, and are mostly produced by one and the same cause; for whatever distemper infants are apprehended to labour under, called by this or that name, it is always attended with an acid smell of their stools, and with a deal of sour belching. Whence it was even the opinion of Hippocrates likewise that all the symptoms of infants owe their original to the acids of their parents. Infants, again, easily fall into distempers, and unless they are unskilfully treated are easily cured.

continued some years after marriage without progeny, to have several fine children, by keeping both parents, for a considerable time, to a milk and vegetable diet.

It

It is a wrong saying of some, "what signifies doctoring of infants, what good can be done to such little ones? This neglect has in a great measure given an exclusive right to nurses for managing them when sick; whereas it is a difficult matter to judge rightly of the disorders of infants, although they have this advantage—they commit no debauches as adults do. Were Physicians more attentive to the diseases of infants, they would not only be better qualified to treat them properly when sick, but to give useful directions for their management when well; and, although a sensible mother by means of books may prove their fittest physician, it would be attended with some advantage—for by tracing diseases to the primary cause, those incidental to adults would not be so often mistaken.

It must be obvious to every attentive person, that in general the first diseases of infants arise chiefly from their bowels. Nor is this to be wondered at, as they are in a manner poisoned with indigestible drugs and improper diet as soon as they come into the world. Every thing that the stomach cannot digest may be considered as a poison, and, unless it can be thrown up or voided by stool must occasion sickness, gripes, spasmodic affections of the bowels, or what the good women call inward fits, and at last convulsions and death.

As these symptoms evidently arise from somewhat that irritates the intestines, doubtless the proper method of cure must be to expel it as soon as possible. The most safe and effectual method of doing this is by gentle vomits. Five or six grains of the powder of ipecacuanha may be mixed in two table spoonfuls of water, and sweetened with a little sugar. A tea-spoonful of this

may be given to the infant every quarter of an hour till it operates ; or, what will more certainly answer the purpose, a grain of emetic tartar, may be dissolved in three ounces of water sweetened with a little syrup, and given as above. Those who are unwilling to use the emetic tartar, may give six or seven drops of the antimonial wine, in a teaspoonful of water or thin gruel. Small doses of ipecacuanha wine will be found more gentle than any of the above, and ought to be preferred.

These medicines will not only cleanse the stomach, but will generally likewise open the body. Should this, however, not happen, and if the child be costive, some gentle purge will be necessary ; for this purpose, some manna and pulp of cassia may be dissolved in boiling water, and given in small quantities till it operates ; or, what will answer rather better, a few grains of *magnesia alba* may be mixed in any kind of food that is given to the child, and continued till it has the desired effect. If these medicines be properly administered, and the child's belly and limbs frequently rubbed with a warm hand before the fire, they will seldom fail to relieve those affections of the stomach and bowels from which infants suffer so much.

These general directions include most of what can be done for relieving the internal disorders of infants. They will likewise go a considerable way in alleviating those which appear externally, as the rash, *gum*, or *fellon*, &c. These, as was formerly observed, are principally owing to too hot a regimen, and consequently will be most effectually relieved by gentle evacuations. Indeed, evacuations of one kind or other constitute a principal part of the medicine of infants, and will seldom

seldom, if administered with prudence, in any of their diseases, fail to give relief. *Harris. Cook. Buchan.*

Of the Meconium.

The stomach and bowels of a new-born infant are filled with a blackish-coloured matter of the consistence of syrup, commonly called the *meconium*. This is generally passed soon after the birth, by the mere effort of Nature; in which case it is not necessary to give the infant any kind of medicine. But if it should be retained, or not sufficiently carried off, a little manna or *magnesia alba* may be given, as mentioned above; or, if these should not be at hand, a common spoonful of whey, sweetened with a little honey, or raw sugar, will answer the purpose.

The most proper medicine for expelling the *meconium* is the mother's milk, which is always at first of a purgative quality. Were children allowed to suck as soon as they shew an inclination for the breast, they would seldom have occasion for medicines to discharge the *meconium*; but even where this is not allowed, they ought never to have daubs of syrup, oils, and other indigestible stuff, crammed down their throats. *Buchan.*

Cholic.

One particular and painful disease peculiar to infants is, the wind cholic and gripes; which, for want of relief from medicine, often throws them into convulsions, and speedily puts an end to their short but miserable life.

This griping of the guts very often afflicts new born babes after a wonderful manner, which causes
continual

continual crying for help, and kicking with their feet, from the great agony they endure. They discharge a deal of wind, and their ordure is green the natural effects of an acid mixt with a yellow choler : they have convulsive twitches in the intestines, which often occasion a rupture.

Having first injected a clyster of mallows and milk, and administer'd ten grains of *magnesia alba*, or more, according to the age of the infant, for a laxative, give it neat absorbent powders ; such as Coral, Crab's eyes, or even clean chalk, purging every three or four days to carry them out of the body before they render the child costive, which is never a good condition for such young ones. —Spermaceti, rubbed with oil of aniseed, is a very safe and excellent medicine, by which many have been brought back when they were thought a-dying from convulsions. If the oil is too strong for their weak stomachs, the powder of aniseed may be used instead of it. The spermaceti is safe, you cannot err in giving too much at a time ; though five or six grains may be enough for one dose, rubbed fine with a piece of loaf sugar, and two or three grains of powder of aniseeds added thereto ; to be taken in its victuals, or mother's milk, or half a drop of oil of aniseeds. If the infant can take it without nauseating, rubbed with the spermaceti and sugar, it is a most excellent medicine.

Dr. Harris writes thus : “ This I only seriously
“ admonish, that all gripes, uneasiness, and
“ watchings of infants, are as certainly relieved
“ by testaceous medicines, as pains and watch-
“ ings, in older persons, may be taken away, for
“ a time, by Narcotics. *Cooke. Harris.*

Diarrhœa

Diarrhœa.

A Diarrhœa, or looseness, in infants is not to be stopped by astringents or opiates, but the sharp humours are to be blunted first by testaceous absorbent powders, and then carried off with rhubarb. For astringents turn the flux of the sharp humours towards the noble parts, to the endangering the infant's life; and though narcotics, or opiates, appease the ferocity of the turgescient humour for a time, yet they afterwards break out with greater force: besides, opiates are too powerful for the tender constitutions of such young patients, and their solids are too lax already to be rendered more so by benumbing narcotics. They should not be given at all, or but in very extreme cases, and then with the utmost caution; but with a fever it cannot be given at all without danger.

Wherefore the best way is to give chalk, coral, or crabs eyes, or the white part of oyster shells, that have been bleached long on the shore: any of which, (about eight or ten grains is a dose,) will soon abate the orgasm of the humours, without kindling any new heat; after which the cure may be completed with a tea spoonful of syrup of Rhubarb, or a few grains of its powder, from six to half a scruple, in the Solutive syrup of Roses.

The best purge according to Buchan is *magnesia alba*, as being laxative and absorbent, and operating without exciting gripes.

The antimonial wine, which acts both as an emetic and purge, is also an excellent medicine in this case. By being diluted with water, it may be

be proportioned to the weakest constitution ; and, not being disagreeable to the palate, it may be repeated as often as occasion requires. Even one dose will frequently mitigate the disease, and pave the way for the use of absorbents. If, however, the patient's strength will permit, the medicine ought to be repeated every six or eight hours, till the stools begin to assume a more natural appearance ; afterwards a longer space may be allowed to intervene between the doses. When it is necessary to repeat the medicine frequently, the dose ought always to be a little increased, as its efficacy is generally diminished by use. *Cooke. Buchan.*

Excoriations.

There is often a galling of the parts near the pudenda (chiefly of the groin and scrotum) in the wrinkles of the neck, under the arms, and in other parts, proceeding either from the acrimony of the urine, or sweat, or both. From this proceeds itching, pains, crying, watchings, and restlessness.

To remedy this disorder, let the excoriated parts be often washed with warm water : then sprinkle drying powders, as chalk, burnt hartshorn ; but, best of all tutty, or lapis calaminaris, which may be tied closely in a muslin rag, and the powder puffed out on the disordered parts.

If the raw places are more sore and tend to real ulcers, dress them with Turner's cerate, which is safer than sugar of lead, as Heister advises ; since lead, and all its preparations contain more or less of a latent poison in them. But a little white vitriol, as he observes, dissolved in spring water, will

will dry and heal gallings very powerfully. If they smart much apply oil of sweet almonds with a feather. *Cooke.*

Eruptions.

Children are seldom free from eruptions of one kind or other, while on the mother's breast; which ought not to be dried up but with the greatest caution, as they often tend to free their bodies from hurtful humours.

Neglect of cleanliness is a very general cause of eruptive disorders, as is also improper food. If a child be stuffed at all hours with food that its stomach cannot digest, how can it fail of abounding with gross and unhealthy humours?

The most disagreeable of eruptions is the *tinea capitis*, or scabbed head, and is sometimes exceeding difficult to cure. Dr. Buchan says that nothing is more safe for drawing up cutaneous eruptions provided it be properly used than "a little of the flowers of sulphur mixed with fresh butter, oil, or hog's lard, and the parts affected frequently touched with it." When the disease is obstinate, it may be done; but it is rather commendable to postpone it awhile, and mollify the scabs, with fresh butter, calves marrow, or pure cream, keeping the body gently open. If the child sucks, the nurse that gives it, should observe a strict regimen, use a good diet, and take sweeteners of the blood. *Cooke. Buchan.*

FITS.—Convulsions.

Though more children are said to die of convulsions than of any other disease; yet, they are for the most part only a symptom of some other ma-

R

lady

lady. Whatever greatly irritates or stimulates the nerves, may occasion convulsions. Hence infants, whose nerves are easily affected, are often thrown into convulsions by any thing that irritates the alimentary canal: likewise by teething, straight clothes, the approach of the small-pox, measles, or other eruptive diseases.

When convulsions proceed from an irritation of the stomach or bowels, whatever clears them of their acrid contents, or renders these mild and inoffensive, will generally perform a cure; wherefore, if the child be costive, the best way will be to begin with a clyster, and afterwards to give a gentle vomit, which may be repeated occasionally, and the body in the mean time kept open by gentle doses of *magnesia alba*, or small quantities of rhubarb mixed with the powder of crabs claws.

Convulsions which precede the eruptions of the measles or small pox generally go off upon these making their appearance. As they are very alarming to the affrighted parent or nurses, something is done to appease them. Hence the unhappy patient often undergoes bleeding, blistering, and several other operations, to the great danger of its life, when a little time, bathing the feet in warm water, and throwing in a mild clyster, would have set all to rights.

When convulsions arise from the cutting of teeth; besides gentle evacuations we would recommend blistering, and the use of antispasmodic medicines, as the tincture of foot, asafoetida, or castor. A few drops of any of these may be mixed in a cup of white wine whey, and given occasionally.

When convulsions proceed from any external cause, as the pressure occasioned by straight clothes

clothes, bandages, &c. these ought immediately to be removed; though, in this case, taking away the cause will not always remove the effect, yet it ought to be done, as it is not likely that the patient will recover as long as the cause which gave rise to the disorder continues to act. *Buchan.*

Falling down of the Fundament.

This is a painful disorder infants are often troubled with; and, although not so properly a medical or surgical case, nevertheless requires good assistance.

This is the *recedentia Ani*. Foment first with flannels, wrung out warm and dry, from a decoction of any hot herbs; then with the fingers oiled reduce it, and apply a rag doubled and dipped in the following decoction, and with a bandage passing between the legs, keep it on the part, wetting it a-fresh after every stool, observing to keep the child's body laxative. Boil an ounce of oak bark in two pints of rose-water, till half is wasted; then dissolve in it a drachm of allum, and add a quartern of red wine. *Cook.*

The Phthirias.

This is the lousy distemper with which children, if not kept clean, are often afflicted; for the cure of which, without the trouble and hazard of washing their heads with leys, or yet daubing them with greasy oils, or ointments, only sprinkle their head, body, and blankets, with the dry powder of staves-acre, and it will kill them all, though ever so many, in one night's time.

R 2

The

The powder of *Coculus Indicus*, or Indian berry, sprinkled upon infants, will certainly kill them likewise. *Condrocius*, who has writ a particular treatise, (*Ex Professo*,) on the subject, says, he hath tried this powder a thousand times in children, in a small quantity, with hog's lard, or fat, or mixed with a boiled apple, or the like, which applied to the head kills the lice wonderfully and easily; and I may add, safer than quicksilver; the application of which mineral, in such gross form, has cast children into convulsions, and so carried them off. *Cooke.*

Stuffing, Chock, or Croup.

This disease appears peculiarly to belong to children. And the younger they are after they are weaned, the more liable are they to be affected; and which, because they cannot tell their complaints, is often mistaken for some other disease. It is known by various names in different parts of Britain. In the east coast of Scotland it is called the *croup*; on the west the *chock* or *stuffing*. In some parts of England, also the good women call it *the rising of the lights*. It seems to be a species of *asthma*, attended with very acute and violent catarrhal symptoms.—The pulse frequent, the breathing quick and laborious, which is performed with a peculiar kind of croaking noise, and may be heard at a considerable distance. The voice is sharp and shrill, and the face in general much flushed, though sometimes it is of a livid colour. It is most common upon the sea coast, and in low marshy countries.

When a child is seized with the above symptoms, his feet should immediately be put into
warm

warm water, and should have a laxative clyster administered as soon as possible. He should be made to breathe over the steams of warm water and vinegar; or an emollient decoction, and emollient cataplasms or fomentations may be applied round his neck. If the symptoms do not abate, a blistering plaister must be applied round the neck, or between the shoulders, and the child may take frequently a table-spoonful of the following julep: Take penny-royal water three ounces, syrup of althæa and of poppies each one ounce, mix them together.

Asafoetida is found to have a good effect in this case. It may be both given in form of clyster, and taken by the mouth. Two drachms of asafoetida may be dissolved in one ounce of Mindeus's spirit, and three ounces of penny-royal water. A table-spoonful of this mixture may be given every hour, or oftener, if the patient's stomach be able to bear it. If the child cannot be brought to take this medicine, two drachms of the asafoetida may be dissolved in a common clyster, and administered every six or eight hours, till the violence of the disease abates.

To prevent a return, guard against wet feet, cold, damp, easterly winds, &c. Children subject to the disorder should avoid food that is hard of digestion, as also all crude, raw, trashy fruits. Issues or setons are very useful, or a Burgundy pitch plaister worn continually between the shoulders has had a very happy effect in preventing its return.

Stoppage of the Nose.

The nostrils of infants are often plugged up with a gross *mucus*, which prevents their breathing freely, and likewise renders it difficult for them to suck or swallow.

Some in this case order, after a suitable purge, two or three grains of white vitriol dissolved in half an ounce of marjoram-water, and filtered, to be applied now and then to the nostrils with a linen rag. Wedellus says, if two grains of white vitriol, and the same quantity of *elaterium*, be dissolved in half an ounce of marjoram water, and applied to the nose, as above directed, that it brings away the *mucus* without sneezing.

In obstinate cases these medicines may be tried; but I have never found any thing necessary, besides rubbing the nose at bed-time with a little sweet oil or fresh butter. This resolves the filth and renders the breathing more free.

Some nurses remove this complaint by sucking the child's nose. This is by no means a cleanly operation; but when nurses have the resolution to do it, I am far from discouraging the practice.—
Buchan.

Of Teething.

Dr. Arbuthnot observes, that above a tenth part of infants die in teething, by symptoms proceeding from the irritation of the tender nervous parts of the jaws, occasioning inflammations, fevers, convulsions, gangrenes, &c. These symptoms are in a great measure owing to the great delicacy and exquisite sensibility of the nervous

nervous system at this time of life, which is too often increased by an effeminate education. Hence it comes to pass, that children who are delicately brought up, always suffer most in teething, and often fall by convulsive disorders.

About the sixth or seventh month the teeth generally begin to make their appearance; first, the *incisores*, or fore-teeth; next, the *canini*, or dog-teeth; and, lastly, the *molares*, or grinders. About the seventh year, there comes a new set; and about the twentieth, the two inner grinders, called *dentes sapientie*, the teeth of wisdom.

Children about the time of cutting their teeth, slobber much, and have generally a looseness. When the teething is difficult, especially when the dog teeth begin to make their way through the gums, the child has startings in his sleep, tumours of the gums, watchings, gripes, green stools, the thrush, fever, difficult breathing, and convulsions.

Difficult teething requires nearly the same treatment as an inflammatory disease. If the body be bound, it must be opened either by emollient clysters or gentle purgatives; as manna, *magnesia alba*, rhubarb, senna, or the like. The food should be light, and in small quantity; the drink plentiful, but weak and diluting, as infusions of balm, or of the lime tree flowers; to which about a third or fourth part of milk may be added.

If the fever be high, bleeding will be necessary; but this in very young children ought always to be sparingly performed. It is an evacuation which they bear the worst of any. Purgings, vomiting, or sweating agree much better with them, and are generally more beneficial. Harris, however,

however, observes, that, when an inflammation appears, the physician will labour in vain, if the *cure* be not begun with applying a leech under each ear. If the child be seized with convulsion fits, a blistering-plaister may be applied between the shoulders, or one behind each ear.

Sydenham says, that in fevers occasioned by teething, he never found any remedy so effectual as two, three, or four drops of spirits of hartshorn in a spoonful of simple water, or other convenient vehicle, given every four hours. The number of doses may be four, five, or six. I have often prescribed this medicine with success, but always found a larger dose necessary. It may be given from five drops to fifteen or twenty, according to the age of the child, and when costiveness does not forbid it, three or four drops of laudanum may be added to each dose.

In Scotland, it is very common, when children are cutting their teeth, to put a small Burgundy-pitch plaister between their shoulders. This generally eases the tickling cough which attends teething, and is by no means an useless application. When the teeth are cut with difficulty, it ought to be kept on during the whole time of teething. It may be enlarged as occasion requires, and ought to be renewed at least once a fortnight.

Several things have been recommended for rubbing the gums, as oils, mucilages, &c.; but from these much is not to be expected. If any thing of this kind is to be used, we would recommend a little fine honey, which may be rubbed on with the finger three or four times a-day. Children are generally at this time disposed to chew whatever they get into their hands. For this

this reason they ought never to be without somewhat that will yield a little to the pressure of their gums, as a crust of bread, a wax candle, a bit of liquorice-root, or such like.

With regard to cutting the gums, we have seldom known it of any great benefit. In obstinate cases, however, it ought to be tried. It may be performed by the finger-nail, the edge of a six-penny piece that is worn thin, or any sharp body which can be with safety introduced into the mouth; but the lancet, in a skilful hand, is certainly the most proper.

In order to render the teething less difficult, parents ought to take care that their children's food be light and wholesome, and that their nerves be braced by sufficient exercise without doors, the use of the cold bath, &c. Were these things duly regarded, they would have a much better effect than *teething necklaces*, or other non-sensical amulets worn for that purpose. *Buchan.*

Worms.

When children begin to use crude aliment, summer fruits, flesh, cheese, and other things of the like kind, they are troubled with worms. The cause of this disorder are the eggs of insects swallowed with what they eat or drink, which are not digestible by their tender stomachs.

For these the intestinal or gastric Pituit, afford a nest, in which they reside, are nourished, breed, and increase in bulk. Hence they are not so common in adults, unless in the dull, and sluggish, and in leucophlegmatic people.

Worms are of three sorts : the round, broad, and Ascarides. These by their irritation create
nauseous

nauseous vomitings, looseness, faintings, slender deficient intermittent pulses, and epileptic fits. In short, the primary signs of the worms are plentifully flavering upon an empty stomach, itching and scratching the nostrils, starting in sleep, gnashing the teeth, swelling of the belly, a dry cough, thirst, purging, gripes upon an empty belly, a redness, and paleness of the face by turns. By the consumption of the chyle they produce hunger, paleness, weakness, and in some children costiveness, a tumour in the belly, and belchings, and rumbling of the intestines. Nay they sometimes eat through, or perforate the guts, whence this disease, if neglected, may prove fatal.

A child, says Heister, may be known to have the worms from his age, cold temperament, paleness of the countenance, livid eye-lids, hollow eyes, itching of the nose, voracity, starting, and grinding the teeth in sleep, and more especially by a singular stinking breath.

Worms coming away of themselves, either by mouth, or anus, are not without danger; for they shew malignity in distempers, which they themselves endeavour to avoid. In the cure of all childrens diseases, especially obstructions, regard should always be had to the worms.

As we have been the longer upon the signs, we will be the shorter on the cure, as it is, both to old and young, needless to use many medicines where a few can do; and, as for me, I always prefer a simple remedy before a compound; besides that, we know then what to trust to.

The cure is to be performed chiefly by destroying their nest, which may be done by alkaline salts, gums which purge phlegm, mercurials, antimo-

antimonials, bitters, aromatics, and salt water. But out of many medicines to kill worms, I shall only mention two, which are as good as forty. Native cinnabar, is a very effectual medicine to destroy these vermin from half a scruple to a whole one or more mixed up in honey, according to the age of the infant.

Pulvis Stannis, viz. calcined tin, is reckoned a much more powerful remedy against them: some esteem it a specific in this case. A drachm may be taken twice a day.—For a more particular account, see *Worms* in the former part of the work.

GENERAL INSTRUCTIONS,

which will, if followed, infallibly prolong

LIFE.

An attention to diet is not only necessary to the preservation of health, but is likewise of importance in the cure of diseases. Every intention in the cure of many diseases, may be answered by diet alone. Its effects, indeed, are not always so quick as those of medicine; but they are generally more lasting. Besides, it is neither so disagreeable to the patient, nor so dangerous as medicine, and is always more easily obtained.

Though *moderation* be the chief rule with regard to the quantity, yet the quality of food merits a further consideration. Animal, as well as vegetable food, may be rendered unwholesome

by being kept too long. All animal substances have a natural tendency to putrefaction; and, when that has proceeded too far, they not only become offensive to the senses, but hurtful to health.

Animals which feed grossly, as tame ducks, hogs, &c. are neither so easily digested, nor afford such wholesome nourishment as others. No animal can be wholesome that does not take sufficient exercise. Most of our stalled cattle are crammed with gross food, but not allowed exercise nor free air; by which means they indeed grow fat, but their humours, not being properly prepared or assimilated, remain crude, and occasion indigestions, gross humours, and oppression of the spirits, in those who feed upon them.

Animals are often rendered unwholesome by being overheated. Excessive heat causes a fever, exalts the animal salts, and mixes the blood so intimately with the flesh, that it cannot be separated. For this reason, butchers should be severely punished who overdrive their cattle. No person would chuse to eat the flesh of an animal who had died in a high fever; yet that is the case with all over-drove cattle; and the fever is often raised even to the degree of madness.

But this is not the only way by which butchers render meat unwholesome. The abominable custom of filling the cellular membrane of animals with air, in order to make them appear fat, is every day practised. This not only spoils the meat, and renders it unfit for keeping, but is such a dirty trick, that the very idea of it is sufficient to disgust a person of any delicacy at every thing which comes from the shambles. Who can bear the thought of eating meat which has been blown
up

up with air from the lungs of a dirty fellow, perhaps labouring under the very worst of diseases.

No people in the world eat such quantities of animal food as the English, which is one reason why they are so generally tainted with the scurvy, and its numerous train of consequences; low spirits, hypochondriacism, &c. Animal food was surely designed for man, and, with a proper mixture of vegetables, it will be found the most wholesome; but to gorge beef, mutton, pork, fish, and fowl, twice and thrice a-day, is certainly too much. All who value health ought to be contented with eating one meal of flesh in the twenty-four hours, and this ought to consist of one kind only.

Our aliment ought neither to be too moist nor too dry. Moist aliments relax the solids, and render the body feeble. Thus we see females, who live much on tea, and other watery diet, generally become weak, and unable to digest solid food. Hence proceed hysterics, and all their dreadful consequences. On the other hand, food that is too dry, renders the solids in a manner rigid, and the humours viscid, which disposes the body to inflammatory fevers, scurvies, and the like.

Much has been said on the ill effects of tea in diet. They are, no doubt, numerous; but they proceed rather from the imprudent use of it, than from any bad qualities in the tea itself. Tea is now the universal breakfast in this part of the world; but the morning is surely the most improper time of the day for drinking it. Most delicate persons, who, by the bye, are the greatest tea drinkers, cannot eat any thing in the morning. For such persons, after fasting ten or twelve hours, to drink four or five cups of tea, without eating almost any bread, it must hurt them. Good tea
taken

taken in moderate quantity, not too strong, nor too hot, nor drank upon an empty stomach, will seldom do harm; but if it be bad, which is often the case, or substituted in the room of solid food, it must have many ill effects.

The liquid part of our aliment likewise claims our attention. Water is not only the basis of most liquors, but also composes a great part of our solid food. Good water must therefore be of the greatest importance in diet. The best water is that which is most pure, and free from any mixture of foreign bodies.

The common methods of rendering water pure by filtration, or soft by exposing it to the sun and air, &c. are so generally known, that it is unnecessary to expend time in explaining them. I shall only, in general, advise all to avoid waters which stagnate long in small ponds, or the like, as such waters often become putrid by the corruption of animal and vegetable bodies with which they abound. Even cattle frequently suffer by drinking, in dry seasons, water which has stood long in small reservoirs, without being supplied by springs, or freshened with showers. All wells ought to be kept clean, and to have a free communication with the air.

As fermented liquors, notwithstanding they have been exclaimed against by many writers, still continue to be the common drink of almost every person who can afford them, I shall rather endeavour to assist people in the choice of these liquors, than pretend to condemn what custom has so firmly established. It is not the moderate use of sound fermented liquors which hurts mankind: it is excess, or using such as are ill prepared, or vitiated.

All

All families who can, ought to prepare their own liquors. Since preparing and vending of liquors became one of the most general branches of business, every method has been tried to adulterate them. The great object, both to the makers and venders of liquors, is to render it intoxicating. But it is well known that this may be done by other ingredients than those which ought to be used for making it strong. It would be imprudent even to name those things which are daily made use of to render liquors heady. Suffice it to say, that the practice is very common, and that all the ingredients used for this purpose are of a narcotic or stupefactive nature. But as all opiates are of a poisonous quality, it is easy to see what must be the consequences of their general use. Though they do not kill suddenly, yet they hurt the nerves, relax and weaken the stomach, and spoil the digestion.

I would recommend it to families, not only to prepare their own liquors, but likewise their bread. Bread is so necessary a part of diet, that too much care cannot be bestowed in order to have it sound and wholesome. For the purpose, it is not only necessary that it be made of good grain, but likewise properly prepared, and kept free from all unwholesome ingredients. This, however, we have reason to believe, is not always the case with bread prepared by those who make a trade of vending it. Their object is rather to please the eye, than consult the health.

Persons whose solids are weak and relaxed, ought to avoid all viscid food, or such things as are hard of digestion. Their diet, however, ought to be nourishing; and they should take plenty of exercise in the open air.

Such

Such as abound with blood, should be sparing in the use of every thing that is highly nourishing, as fat meat, rich wines, strong ale, and the like. Their food should consist mostly of bread and other vegetable substances; and their drink ought to be water, whey, or small beer.

Fat people should not eat freely of oily, nourishing diet. They ought frequently to eat radish, garlic, spices, or such things as are heating, and promote perspiration and urine. Their drink should be water, coffee, tea, or the like; and they ought to take much exercise and little sleep.

Those who are too lean must follow an opposite course.

Such as are troubled with acidities, or whose food is apt to sour upon the stomach, should live much on flesh meats; and those who are afflicted with hot, alkaline eructations, ought to use a diet consisting chiefly of acid vegetables.

People who are affected with the gout, low spirits, hypochondriac, or hysteric disorders, ought to avoid all flatulent food, every thing that is viscid or hard of digestion, all salted or smoke dried provisions, and whatever is austere, acid, or apt to sour on the stomach. Their food should be light, spare, cool, and of an opening nature.

It is not only necessary for health that our diet be wholesome, but also that it be taken at regular periods. Some imagine long fasting will atone for excess; but this, instead of mending the matter, generally makes it worse. When the stomach and intestines are over distended with food, they lose their proper tone, and, by long fasting, they become weak, and inflated with wind. Thus either gluttony or fasting destroys the powers of digestion.

The

The frequent repetition of aliment is not only necessary for repairing the continual waste of our bodies, but likewise to keep the humours sound and sweet. Our humours, even in the most healthy state, have a constant tendency to putrefaction, which can only be prevented by frequent supplies of fresh nourishment. When that is wanting too long, the putrefaction often proceeds so far as to occasion very dangerous fevers. From hence we may learn the necessity of regular meals. No person can enjoy a good state of health, whose vessels are either frequently overcharged, or the humours long deprived of fresh supplies of chyle.

Long fasting is extremely hurtful to young people; it not only vitiates their humours, but prevents their growth. Nor is it less injurious to the aged. Most persons, in the decline of life, are afflicted with wind. This complaint is not only increased, but even rendered dangerous, and often fatal, by long fasting. Old people, when their stomachs are empty, are frequently seized with giddiness, head-achs, and faintness. These complaints may generally be removed by a bit of bread and a glass of wine, or tasting any other solid food; which plainly points out the method of preventing them.

It is a very common practice to eat a light breakfast and a heavy supper. This custom ought to be reversed. When people sup late, their supper should be very light, but the breakfast ought always to be solid. If any one eats a light supper, goes soon to bed, and rises betimes in the morning, he will be sure to find an appetite for his breakfast, and he may freely indulge it.

T

The

The strong and healthy do not indeed suffer so much from fasting, as the weak and delicate ; but they run great hazard from its opposite, viz. repletion. Many diseases, especially fevers, are the effect of a plethora, or too great fulness of the vessels. Strong people, in high health, have generally a great quantity of blood and other humours. When these are suddenly increased, by an overcharge of rich and nourishing diet, the vessels become too much distended, and obstructions and inflammations ensue. Hence so many people are seized with inflammatory and eruptive fevers, after a feast or debauch.

All great and sudden changes in diet are dangerous. What the stomach has been long accustomed to digest, although less wholesome, will agree better with it than food of a more salutary nature which it has not been used to. When therefore a change becomes necessary, it ought always to be made gradually ; a sudden transition from a poor and low, to a rich and luxurious diet, or the contrary, might so disturb the functions of the body, as to endanger health, or even to occasion death itself.

When I recommend regularity of diet, I would not be understood as condemning every small deviation from it. It is next to impossible for people at all times to avoid some degree of excess ; and living too much by rule might make even the smallest deviation dangerous. It may therefore be prudent to vary a little, sometimes taking more, sometimes less than the usual quantity of meat and drink, provided always that regard be had to moderation. *Lemery. Arbuthnot. Tissot. Buchan.*

MEDICINAL PREPARATIONS.

BALSAMS.

The subject of this section is not the natural balsams, but certain compositions, which, from their being supposed to possess balsamic qualities, generally go by that name.

This class of medicines was formerly very numerous, and held in great esteem: modern practice, however, has justly reduced it to a very narrow compass.

Anodyne Balsam.

Take of white Spanish soap, one ounce; opium, unprepared, two drachms; rectified spirit of wine, nine ounces. Digest them together in a gentle heat for three days; then strain off the liquor, and add to it three drachms of camphor.

This balsam, as its title expresses, is intended to ease pain. It is of service in violent strains and rheumatic complaints, when not attended with inflammation. It must be rubbed with a warm hand on the part affected; or a linen rag moistened with it may be applied to the part, and renewed every third or fourth hour till the pain abates. If the opium is left out, this will be the *saponaceous balsam*.

The vulnerary Balsam.

Take of benzoin, powdered, three ounces; balsam of Peru, two ounces; hepatic aloes, in
T 2 powder,

powder, half an ounce; rectified spirit of wine, two pints. Digest them in a gentle heat for three days, and then strain the balsam.

This balsam, or rather tincture, is applied externally to heal recent wounds and bruises. It is likewise employed internally to remove coughs, asthmas, and other complaints of the breast. It is said to ease the cholic, cleanse the kidneys, and to heal internal ulcers, &c.

The dose is from twenty to sixty drops.

This, though a medicine of some value, does not deserve the extravagant encomiums which have been bestowed on it. It has been celebrated under the different names of *The Commander's Balsam*, *Persian Balsam*, *Balsam of Berne*, *Wade's Balsam*, *Friar's Balsam*, *Jesuit's Drops*, *Turlington's Drops*, &c.

BOLUSSES.

Pectoral Bolus.

Take of sperma ceti, a scruple; gum ammoniac, ten grains; salt of hartshorn, six grains; simple syrup, as much as will make them into a bolus.

This bolus is given in colds and coughs of long standing, asthmas, and beginning consumptions of the lungs. It is generally proper to bleed the patient before he begins to use it.

Purging Bolus.

Take of jalap in powder, a scruple; cream of tartar, two scruples. Let them be rubbed together and formed into a bolus, with simple syrup.
Where

Where a mild purge is wanted, this will answer the purpose very well. If a stronger dose is necessary, the jalap may be increased to half a drachm or upwards.

Astringent Bolus.

Take of alum, in powder, fifteen grains; gum kino, five grains; syrup, a sufficient quantity to make a bolus.

In an excessive flow of the *menfes*, and other violent discharges of blood, proceeding from relaxation, this bolus may be given every four or five hours, till the discharge abates.

Diaphoretic Bolus.

Take of gum guaiacum, in powder, ten grains; flowers of sulphur and cream of tartar, of each one scruple; simple syrup, a sufficient quantity.

In rheumatic complaints, and disorders of the skin, this bolus may be taken twice a-day. It will also be of service in the inflammatory quinsy.

CATAPLASMS AND SINAPISMS.

Cataplasms possess few or no virtues superior to a poultice, which may be so made, as, in most cases, to supply their place. They are chiefly intended either to act as discutients, or to promote suppuration; and as they may be of service in some cases, we shall give a specimen of each kind.

Discutient

Discutient Cataplasn.

Take of barley-meal, six ounces ; fresh hemlock leaves, bruised, two ounces ; vinegar, a sufficient quantity. Boil the meal and hemlock in the vinegar for a little, and then add two drachms of the sugar of lead.

Ripening Cataplasn.

Take of white lily root, four ounces ; fat figs and raw onions, bruised, of each one ounce ; yellow basilicum ointment, two ounces ; gum galbanum, half an ounce ; linseed meal, as much as necessary. Boil the roots along with the figs in a sufficient quantity of water ; then bruise and add to them the other ingredients, so as to form the whole into a soft cataplasn. The galbanum must be previously dissolved with the yolk of an egg.

Where it is necessary to promote suppuration, this cataplasn may be used by those who chuse to be at the trouble and expence of making it. For my part, I have never found any application more proper for this purpose than a poultice of bread and milk, with a sufficient quantity of either boiled or raw onion in it, and softened with oil or fresh butter.

Sinapisms.

Sinapisms are employed to recal the blood and spirits to a weak part, as in the palsy and atrophy. They are also of service in deep-seated pains, as the sciatica, &c. When the gout seizes the head
or

or the stomach, they are applied to the feet to bring the disorder to these parts. They are likewise applied to the patient's soles in the low state of fevers. They should not be suffered to lie on, however, till they have raised blisters, but till the parts become red, and will continue so when pressed with the finger.

The sinapism is only a poultice made with vinegar instead of milk, and rendered warm and stimulating by the addition of mustard, horseradish, or garlic.

The common sinapism is made by taking crumb of bread and mustard-seed in powder, of each equal quantities; strong vinegar, as much as is sufficient, and mixing them so as to make a poultice.

When sinapisms of a more stimulating nature are wanted, a little bruised garlic may be added to the above.

CLYSTERS.

This class of medicines is of more importance than is generally imagined. Clysters serve not only to evacuate the contents of the belly, but also to convey very active medicines into the system. Opium, for example, may be administered in this way when it will not sit upon the stomach, and also in larger doses than at any time it can be taken by the mouth. The Peruvian bark may likewise be, with good effect, administered in form of clyster to persons who cannot take it by the mouth.

A simple clyster can seldom do hurt, and there are many cases where it may do much good. A
clyster

clyster even of warm water, by serving as a fermentation to the parts, may be of considerable service in inflammations of the bladder, and the lower intestines, &c.

Some substances, as the smoke of tobacco, may be thrown into the bowels in this way, which cannot by any other means whatever. This may be easily effected by means of a pair of hand-bellows, with an apparatus fitted to them for that purpose.

Nor is the use of clysters confined to medicines. Aliment may also be conveyed in this way. Persons unable to swallow, have been, for a considerable time, supported by clysters.

Emollient Clyster.

Take of linseed tea and new milk, each six ounces. Mix them.

If fifty or sixty drops of laudanum be added to this, it will supply the place of the *Anodyne Clyster*.

Laxative Clyster.

Take of milk and water, each six ounces; sweet oil or fresh butter, and brown sugar, of each two ounces. Mix them.

If an ounce of Glauber's salt, or two table spoonfuls of common salt, be added to this, it will be the *Purging Clyster*.

Carminative Clyster.

Take of camomile flowers, an ounce; aniseeds, half an ounce. Boil in a pint and a half of water to one pint.

In

In hysteric and hypochondriac complaints this may be administered instead of the *Fætid Clyster*, the smell of which is so disagreeable to most patients.

Oily Clyster.

To four ounces of the infusion of camomile flowers, add an equal quantity of Florence oil.

This clyster is beneficial in bringing off the small worms lodged in the lower parts of the alimentary canal. When given to children the quantity must be proportionably lessened.

Starch Clyster.

Take jelly of starch, four ounces; linseed oil, half an ounce. Liquify the jelly over a gentle fire, and then mix in the oil.

In the dysentery or bloody flux, this clyster may be administered after every loose stool, to heal the ulcerated intestines and blunt the sharpness of corroding humours. Forty or fifty drops of laudanum may be occasionally added; in which case, it will generally supply the place of the *Astringent Clyster*.

Turpentine Clyster.

Take of common decoction, ten ounces; Venice turpentine, dissolved with the yolk of an egg, half an ounce; Florence oil, one ounce. Mix them.

This diuretic clyster is proper in obstructions of the urinary passages, and in cholicky complaints, proceeding from gravel.

Vinegar Clyster.

This clyster is made by mixing three ounces of vinegar with five of water-gruel.

It answers all the purposes of a common clyster, with the peculiar advantage of being proper either in inflammatory or putrid disorders, especially in the latter.

* * * We think it unnecessary to give more examples of this class of medicines, as ingredients adapted to any particular intention may be occasionally added to one or other of the above forms.

CONSERVES.

Conserve of Red Roses.

Take a pound of red rose buds, cleared of their heels; beat them well in a mortar, and adding by degrees two pounds of double-refined sugar, in powder, make a conserve.

After the same manner are prepared the conserves of orange-peel, rosemary flowers, seawormwood, of the leaves of wood-forrel, &c.

The conserve of roses is one of the most agreeable and useful preparations belonging to this class. A drachm or two of it, dissolved in warm milk, is ordered to be given as a gentle restraining in weakness of the stomach, and likewise in phthical coughs, and spitting of blood. To have any considerable effects, however, it must be taken in larger quantities.

Conserve

Conserve of Sloes.

This may be made by boiling the sloes gently in water, being careful to take them out before they burst; afterwards expressing the juice, and beating it up with three times its weight of fine sugar.

In relaxations of the *uvula* and glands of the throat, this makes an excellent gargle, and may be used at discretion.

Preserves are made by steeping or boiling fresh vegetables first in water, and afterwards in syrup, or a solution of sugar. The subject is either preserved moist in the syrup, or taken out and dried, that the sugar may candy upon it. The last is the most usual method.

Candied Orange Peel.

Soak Seville orange-peel in several waters, till it loses its bitterness; then boil it in a solution of double-refined sugar in water, till it becomes tender and transparent.

Candied lemon-peel is prepared in the same manner.

DECOCTIONS.

Water readily extracts the gummy and saline parts of vegetables; and though its action is chiefly confined to these, yet the resinous and oily being intimately blended with the gummy and saline, are in great part taken up along with them. Hence watery decoctions and infusions of vegetables constitute a large, and not unuseful, class of medicines. Although most vegetables

yield their virtues to water, as well by infusion as decoction, yet the latter is often necessary, as it saves time, and does in a few minutes what the other would require hours, and sometimes days, to effect.

The medicines of this class are all intended for immediate use.

Decoction of Althæa.

Take of the roots of marsh-mallows, moderately dried, three ounces; raisins of the sun, one ounce; water, three pints.

Boil the ingredients in the water till one third of it is consumed; afterwards strain the decoction and let it stand for some time to settle. If the roots be thoroughly dried, they must be boiled till one half the water be consumed.

In coughs, and sharp defluctions upon the lungs, this decoction may be used for ordinary drink.

The Common Decoction.

Take of camomile flowers, one ounce; elder flowers, and sweet fennel seeds, of each half an ounce; water, two quarts. Boil them for a little, and then strain the decoction.

A medicine equally good may be prepared by infusing the ingredients for some hours in boiling water.

This decoction is chiefly intended as the basis of clysters, to which other ingredients may be occasionally added. It will likewise serve as a common fomentation, spirit of wine or other things being added in such quantity as the case may require.

Decoction

Decoction of Logwood.

Boil three ounces of the shavings, or chips of logwood, in four pints of water, till one half the liquor is wasted. Two or three ounces of simple cinnamon-water may be added to this decoction.

In fluxes of the belly, where the stronger astringents are improper, a tea-cupful of this decoction may be taken with advantage three or four times a day.

Decoction of the Bark.

Boil an ounce of the Peruvian Bark, grossly powdered, in a pint and a half of water to one pint; then strain the decoction. If a tea-spoonful of the weak spirit of vitriol be added to this medicine, it will render it both more agreeable and efficacious.

Compound Decoction of the Bark.

Take of Peruvian bark and Virginian snake-root, grossly powdered, each three drachms. Boil them in a pint of water to one half. To the strained liquor add an ounce and a half of aromatic water.

Sir John Pringle recommends this as a proper medicine towards the decline of malignant fevers, when the pulse is low, the voice weak, and the head affected with a stupor but with little delirium.

The dose is four spoonfuls every fourth or sixth hour.

Decoction

Decoction of Sarsaparilla.

Take of fresh sarsaparilla root, sliced and bruised, two ounces; shavings of guaiacum wood, one ounce. Boil over a slow fire, in three quarts of water, to one; adding towards the end, half an ounce of saffra wood, and three drachms of liquorice. Strain the decoction.

This may either be employed as an assistant to a course of mercurial alteratives, or taken after the mercury has been used for some time. It strengthens the stomach, and restores flesh and vigour to habits emaciated by the venereal disease. It may also be taken in the rheumatism, and cutaneous disorders proceeding from foulness of the blood and juices. For all these intentions it is greatly preferable to the *Decoction of Woods*.

This decoction may be taken from a pint and a half to two quarts in the day.

D R A U G H T S.*Anodyne Draught.*

Take of liquid laudanum, twenty-five drops; simple cinnamon water, an ounce; common syrup, two drachms. Mix them.

In excessive pain, where bleeding is not necessary, and in great restlessness, this composing draught may be taken and repeated occasionally.

Diuretic

Diuretic Draught.

Take of the diuretic salt, two scruples; syrup of poppies, two drachms; simple cinnamon-water and common water, of each an ounce.

This draught is of service in an obstruction or deficiency of urine.

Purging Draughts.

Take of manna, an ounce; soluble tartar, or Rochelle salt, from three to four drachms. Dissolve in three ounces of boiling water; to which add Jamaica pepper water, half an ounce.

As manna sometimes will not fit upon the stomach, an ounce, or ten drachms of the bitter purging salts, dissolved in four ounces of water, may be taken instead of the above.

ELECTUARIES.

Electuaries are generally composed of the lighter powders, mixed with syrup, honey, conserve, or mucilage, into such a consistence, that the powders may neither separate by keeping, nor the mass prove too stiff for swallowing. They receive chiefly the milder alterative medicines, and such as are not ungrateful to the palate.

Astringent electuaries, and such as have pulps of fruit in them, should be prepared only in small quantities; as astringent medicines lose their virtues by being kept in this form, and the pulps of fruits are apt to ferment.

For the extraction of pulps it will be necessary to boil unripe fruits, and ripe ones if they are dried, in a small quantity of water till they become soft. The pulp is then to be pressed out through a strong hair sieve, or thin cloth, and afterwards

afterwards boiled to a due consistence, in an earthen vessel, over a gentle fire, taking care to prevent the matter from burning by continually stirring it. The pulps of fruit that are both ripe and fresh may be pressed out without any previous boiling.

Lenitive Electuary.

Take of fenna, in fine powder, eight ounces; coriander seed, also in powder, four ounces; pulp of tamarinds and of French prunes, each a pound. Mix the pulps and powders together, and with a sufficient quantity of simple syrup, reduce the whole into an electuary.

A tea-spoonful of this electuary, taken two or three times a-day, generally proves an agreeable laxative. It likewise serves as a convenient vehicle for exhibiting more active medicines, as jalaps, scammony, and such like.

This may supply the place of the electuary of *Cassia*.

Electuary for the Dysentery.

Take of the Japonic confection, two ounces; Locatelli's balsam, one ounce; rhubarb in powder, half an ounce; syrup of marshmallows, enough to make an electuary.

It is often dangerous in dysenteries to give opiates and astringents, without interposing purgatives. The purgative is here joined with these ingredients, which renders this a very safe and useful medicine for the purposes expressed in the title.

About the bulk of a nutmeg should be taken twice or thrice a day, as the symptoms and constitution may require.

The Simple Febrifuge Electuary.

Take Peruvian Bark finely powdered one ounce, common treacle enough to bring it to the consistence of an electuary. The dose is a tea-spoonful every four hours, whilst the fit is absent, with a draught of balm tea.

This is a very simple method of administering the bark in agues or intermitting fevers; but whoever tries it will be convinced, it is not the less efficacious on that account.

Electuary for the Gonorrhæa.

Take of lenitive electuary, three ounces; jalap and rhubarb, in powder, of each two drachms; nitre, half an ounce; simple syrup, enough to make an electuary.

During the inflammation and tension of the urinary passages, which accompany a virulent gonorrhæa, this cooling laxative may be used with advantage.

The dose is a drachm, or about the bulk of a nutmeg, two or three times a day; more or less, as may be necessary to keep the body gently open.

An electuary made of cream of tartar and simple syrup will occasionally supply the place of this.

After the inflammation is gone off, the following electuary may be used.

Take of lenitive electuary, two ounces; balsam of capivi, one ounce; gum guaiacum and rhubarb, in powder, of each two drachms; simple syrup, enough to make an electuary. The dose is the same as of the preceding.

Electuary of the Bark.

Take of Peruvian Bark, in powder, three ounces; cascarilla, half an ounce; syrup of ginger, enough to make an electuary.

In the cure of obstinate intermitting fevers, the bark is assisted by the cascarilla. In hectic habits, however, it will be better to leave out the cascarilla, and put three drachms of crude sal ammoniac in its stead.

Electuary for the Piles.

Take flowers of sulphur, one ounce; cream of tartar, half an ounce; treacle, a sufficient quantity to form an electuary.

A tea-spoonful of this may be taken three or four times a-day.

Electuary for the Palsy.

Take of powdered mustard-seed, and conserve of roses, each an ounce; syrup of ginger, enough to make an electuary.

A tea-spoonful of this may be taken three or four times a day.

Electuary for the Rheumatism.

Take of conserve of roses, two ounces; cinabar of antimony, levigated, an ounce and a half; gum guaiacum, in powder, an ounce; syrup of ginger, a sufficient quantity to make an electuary.

In obstinate rheumatisms, which are not accompanied

compained with a fever, a tea-spoonful of this electuary may be taken twice a day with considerable advantage.

ELIXIRS.

Stomachic Elixirs.

Take of gentian root, two ounces ; Curassao oranges, one ounce ; Virginian snake-root, half an ounce. Let the ingredients be bruised, and infused for three or four days in two pints of French brandy ; afterwards strain out the elixir.

This is an excellent stomachic bitter. In flatulencies, indigestion, want of appetite, and such like complaints, a small glass of it may be taken twice a-day. It likewise relieves the gout in the stomach, when taken in a large dose.

Paregoric Elixir.

Take of flowers of benzoin, half an ounce ; opium, two drachms. Infuse in one pound of the volatile aromatic spirit, for four or five days, frequently shaking the bottle ; afterwards strain the elixir.

This is an agreeable and safe way of administering opium. It eases pain, allays tickling coughs, relieves difficult breathing, and is useful in many disorders of children, particularly the whooping cough.

The dose to an adult is from fifty to an hundred drops.

X.

INFUSIONS.

I N F U S I O N S.

Vegetables yield nearly the same properties to water by infusion as by decoction, and though they may require a longer time to give out their virtues in this way, yet it has several advantages over the other; since boiling is found to dissipate the finer parts of many bitter and aromatic substances, without more fully extracting their medicinal principles.

The author of the New Dispensatory observes, that even from those vegetables which are weak in virtue, rich infusions may be obtained, by returning the liquor upon fresh quantities of the subject, the water loading itself more and more with the active parts; and that these loaded infusions are applicable to valuable purposes in medicine, as they contain in a small compass the finer, more subtle, and active principles of vegetables, in a form readily miscible with the fluids of the human body.

Bitter Infusion.

Take tops of the lesser centaury and camomile flowers, of each half an ounce; yellow rind of lemon and orange peel, carefully freed from the inner white part, of each two drachms. Cut them in small pieces, and infuse them in a quart of boiling water.

For indigestion, weakness of the stomach, or want of appetite, a tea-cupful of this infusion may be taken twice or thrice a day.

Infusion

Infusion of the Bark.

To an ounce of the bark, in powder, add four or five table-spoonfuls of brandy, and a pint of boiling water. Let them infuse for two or three days.

This is one of the best preparations of the bark for weak stomachs. In disorders where the corroborating virtues of that medicine are required, a tea-cupful of it may be taken two or three times a day.

Infusion of Carduus.

Infuse an ounce of the dried leaves of carduus benedictus, or blessed thistle, in a pint of common water, for six hours, without heat; then filter the liquor through paper.

This light infusion may be given, with great benefit, in weakness of the stomach, where the common bitters do not agree. It may be flavoured at pleasure with cinnamon, or other aromatic materials.

Infusion of Linseed.

Take of linseed, two spoonfuls; liquorice root, sliced, half an ounce; boiling water, three pints. Let them stand to infuse by the fire for some hours, and then strain off the liquor.

If an ounce of the leaves of colt's-foot be added to these ingredients, it will then be the *pectoral infusion*. Both these are emollient mucilaginous liquors, and may be taken with advantage as ordinary drink in difficulty of making water; and in coughs and other complaints of the breast.

Infusion

Infusion of Roses.

Take of red roses, dried, half an ounce; boiling water, a quart; vitriolic acid, commonly called oil of vitriol, half a drachm; loaf sugar, an ounce.

Infuse the roses in the water for four hours, in an unglazed earthen vessel; afterwards pour in the acid, and having strained the liquor, add to it the sugar.

In an excessive flow of the *menfes*, vomiting of blood, and other hæmorrhages, a tea-cupful of this gently astringent infusion may be taken every three or four hours. It likewise makes an exceeding good gargle.

As the quantity of roses used here can have little or no effect, an equally valuable medicine may be prepared by mixing the acid and water without infusion.

Infusion of Tamarinds and Senna.

Take of tamarinds, one ounce; senna, and crystals of tartar, each two drachms. Let these ingredients be infused four or five hours in a pint of boiling water; afterwards let the liquor be strained, and an ounce or two of the aromatic tincture added to it. Persons who are easily purged may leave out either the tamarinds or the crystals of tartar.

This is an agreeable cooling purge. A tea-cupful may be given every half hour till it operates.

This supplies the place of the decoction of tamarinds and senna.

Spanish

Spanish Infusion.

Take of Spanish juice, cut into small pieces, an ounce; salt of tartar, three drachms. Infuse in a quart of boiling water for a night. To the strained liquor add an ounce and an half of the syrup of poppies.

In recent colds, coughs, and obstructions of the breast, a tea-cupful of this infusion may be taken with advantage three or four times a day.

Infusion for the Palsy.

Take of horse-radish root shaved, mustard-seed bruised, each four ounces; outer rind of orange-peel, one ounce. Infuse them in two quarts of boiling water, in a close vessel, for twenty-four hours.

In paralytic complaints, a tea-cupful of this warm stimulating medicine may be taken three or four times a day. It excites the action of the solids, proves diuretic, and, if the patient be kept warm, promotes perspiration.

If two or three ounces of the dried leaves of marsh-trefoil be used instead of the mustard, it will make the *antiscorbutic infusion*.

JULEPS.

The basis of Juleps is generally common water, or some simple distilled water, with one-third or one-fourth its quantity of distilled spirituous water, and as much sugar or syrup as is sufficient

sufficient to render the mixture agreeable. This is sharpened with vegetable or mineral acids, or impregnated with other medicines suitable to the intention.

Camphorated Julep.

Take of camphor, one drachm; rectified spirit of wine, ten drops; double-refined sugar, half an ounce; boiling distilled water, one pint. Rub the camphor first with the spirit of wine, then with the sugar; lastly, add the water by degrees, and strain the liquor.

In hysterical and other complaints where camphor is proper, this julep may be taken in the dose of a spoonful or two as often as the stomach will bear it.

Cordial Julep.

Take of simple cinnamon-water, four ounces; Jamaica pepper-water, two ounces; volatile aromatic spirit, and compound spirit of lavender, of each two drachms; syrup of orange-peel, an ounce. Mix them.

This is given in the dose of two spoonfuls three or four times a-day, in disorders accompanied with great weakness and depression of spirits.

Expectorating Julep.

Take of the emulsion of gum ammoniac, six ounces; syrup of squills, two ounces. Mix them.

In

In coughs, asthmas, and obstructions of the breast, two table-spoonfuls of this julep may be taken every three or four hours.

Musk Julep.

Rub half a drachm of musk well together with half an ounce of sugar, and add to it, gradually, of simple cinnamon and pepper-mint water, each two ounces; of the volatile aromatic spirit, two drachms.

In the low state of nervous fevers, hiccups, convulsions, and other spasmodic affections, two table-spoonfuls of this julep may be taken every two or three hours.

Saline Julep.

Dissolve two drachms of salt of tartar in three ounces of fresh lemon-juice, strained; when the effervescence is over, add, of mint-water, and common water, each two ounces; of simple syrup, one ounce.

This removes sickness at the stomach, relieves vomiting, promotes perspiration, and may be of some service in fevers, especially of the inflammatory kind.

Vomiting Julep.

Dissolve four grains of emetic tartar in eight ounces of water, and add to it half an ounce of the syrup of clove July flowers.

In the beginning of fevers, where there is no topical inflammation, this Julep may be given in the dose of one table-spoonful every quarter of an

Y

hour

hour till it operates. Antimonial vomits serve not only to evacuate the contents of the stomach, but likewise to promote the different excretions. Hence they are found in fevers to have nearly the same effects as *Dr. James's Powder*.

MIXTURES.

A Mixture differs from a julep in this respect, that it receives into its composition not only salts, extracts, and other substances dissoluble in water, but also earths, powders, and such substances as cannot be dissolved. A mixture is seldom either an elegant or agreeable medicine. It is nevertheless necessary. Many persons can take a mixture, who are not able to swallow a bolus or an electuary: besides, there are medicines which act better in this than in any other form.

Astringent Mixture.

Take simple cinnamon-water and common water, of each three ounces; spirituous cinnamon-water, an ounce and a half; Japonic confection, half an ounce. Mix them.

In dysenteries which are not of long standing, after the necessary evacuations, a spoonful or two of this mixture may be taken every four hours, interposing every second or third day a dose of rhubarb.

Diuretic Mixture.

Take of mint-water, five ounces; vinegar of squills, six drachms; sweet spirit of nitre, half
an

an ounce ; syrup of ginger, an ounce and a half. Mix them.

In obstructions of the urinary passages, two spoonfuls of this mixture may be taken twice or thrice a-day.

Laxative Absorbent Mixture.

Rub one drachm of magnesia alba in a mortar with ten or twelve grains of the best Turkey rhubarb, and add to them three ounces of common water ; simple cinnamon-water, and syrup of sugar, of each one ounce.

As most diseases of infants are accompanied with acidities, this mixture may either be given with a view to correct these, or to open the body. A table-spoonful may be taken for a dose, and repeated three times a day. To a very young child half a spoonful will be sufficient.

When the mixture is intended to purge, the dose may either be increased, or the quantity of rhubarb doubled.

This is one of the most generally useful medicines for children with which I am acquainted.

Saline Mixture.

Diffolve a drachm of the salt of tartar in four ounces of boiling water ; and, when cold, drop into it spirit of vitriol till the effervescence ceases ; then add, of peppermint-water, two ounces, simple syrup, one ounce.

Where fresh lemons cannot be had, this mixture may occasionally supply the place of the saline julep.

Squill Mixture.

Take of simple cinnamon-water, five ounces ; vinegar of squills, one ounce ; syrup of marshmallows, an ounce and a half. Mix them.

This mixture, by promoting expectoration, and the secretion of urine, proves serviceable in asthmatic and dropical habits. A table spoonful of it may be taken frequently.

PILLS.

Strengthening Pill.

Take soft extract of the bark, and salt of steel, each a drachm. Make into pills.

In disorders arising from excessive debility, or relaxation of the solids, as the *chlorosis*, or green sickness, two of the pills may be taken three times a day.

Stomachic Pill.

Take extract of gentian, two drachms ; powdered rhubarb and vitriolated tartar, of each one drachm ; oil of mint, thirty drops ; simple syrup, a sufficient quantity.

Three or four of these pills may be taken twice a day, for invigorating the stomach, and keeping the body gently open.

Composing Pill.

Take of purified opium, ten grains ; Castile soap, half a drachm. Beat them together, and form the whole into twenty pills.

When

When a quieting draught will not fit upon the stomach, one, two, or three of these pills may be taken, as occasion requires.

Pill for the Jaundice.

Take of Castile soap, succotorine aloes, and rhubarb, of each one drachm. Make them into pills with a sufficient quantity of syrup or mucilage.

These pills, as their title expresses, are chiefly intended for the jaundice, which, with the assistance of proper diet, they will often cure. Five or six of them may be taken twice a day, more or less, as is necessary to keep the body open. It will be proper, however, during their use, to interpose now and then a vomit of ipecacuanha or tartar emetic.

POWDERS.

Worm Powders.

Take of tin reduced into a fine powder, an ounce; Æthiop's mineral, two drachms. Mix them well together, and divide the whole into six doses.

One of these powders may be taken in a little syrup, honey, or treacle, twice a day. After they have been all used, the following anthelmintic purge may be proper.

Purging Worm Powder.

Take of powdered rhubarb, a scruple; scammony and calomel, of each five grains. Rub them together in a mortar for one dose.

For

For children, the above doses must be lessened according to their age.

If the powder of tin be given alone, its dose may be considerably increased. The late Dr. Alston gave it to the amount of two ounces in three days; and says, when thus administered, that it proved an egregious anthelmintic. He purged his patients both before they took the powder and afterwards.

Powder for the Tape Worm.

Early in the morning the patient is to take, in any liquid, two or three drachms, according to his age and constitution, of the root of the male fern reduced into a fine powder. About two hours afterwards, he is to take of calomel and resin of scammony, each ten grains; gum gamboge, six grains. These ingredients must be finely powdered and given in a little syrup, honey, treacle, or any thing that is most agreeable to the patient. He is then to walk gently about, now and then drinking a dish of weak green tea till the worm is passed. If the powder of the fern produces nausea, or sickness, it may be removed by sucking the juice of an orange or lemon.

This medicine, which had been long kept a secret abroad, for the cure of the tape-worm, was some time ago purchased by the French king, and made public for the benefit of mankind. Not having had an opportunity of trying it, I can say nothing from experience concerning its efficacy. It seems, however, from its ingredients, to be an active medicine, and ought to be taken with care. The dose here prescribed is sufficient for the strongest patient; it must, therefore,

therefore, be reduced according to the age and constitution.

Astringent Powder.

Take of allum and Japan earth, each two drachms. Pound them together, and divide the whole into ten or twelve doses.

In an immoderate flow of the *menfes*, and other hæmorrhages, one of these powders may be taken every hour, or every half hour, if the discharge be violent.

WATERS BY INFUSION, &c.

Lime Water.

Pour two gallons of water gradually upon a pound of fresh burnt quicklime; and when the ebullition ceases, stir them well together; then suffer the whole to stand at rest, that the lime may settle, and afterwards filter the liquor through paper, which is to be kept in vessels closely stopd.

The lime-water from calcined oyster-shells, is prepared in the same manner.

Lime-water is principally used for the gravel; in which case, from a pint to two or more of it may be drunk daily. Externally it is used for washing foul ulcers, and removing the itch, and other diseases of the skin.

Compound Lime Water.

Take shavings of guaiacum wood, half a pound; liquorice root, one ounce; saffrafras bark,

bark, half an ounce; coriander seeds, three drachms; simple lime-water, six pints.

Infuse without heat for two days, and then strain off the liquor.

In the same manner may lime-water be impregnated with the virtues of other vegetable substances. Such impregnation not only renders the water more agreeable to the palate, but also a more efficacious medicine, especially in cutaneous disorders and foulness of the blood and juices.

It may be taken in the same quantity as the simple water.

Sublimate Water.

Dissolve eight grains of the corrosive sublimate in a pint of cinnamon water.

If a stronger solution be wanted, a double or triple quantity of sublimate may be used.

The principal intention of this is to cleanse foul ulcers, and consume proud flesh.

Styptic Water.

Take of blue vitriol and alum, each an ounce and a half; water, one pint. Boil them until the salts are dissolved, then filter the liquor, and add to it a drachm of the oil of vitriol.

This water is used for stopping a bleeding at the nose, and other hæmorrhages; for which purpose cloths or doffils dipt in it must be applied to the part.

Tar Water.

Pour a gallon of water on two pounds of Norway tar, and stir them strongly together with a wooden

wooden rod : after they have stood to settle for two days, pour off the water for use.

Though tar water falls greatly short of the character which has been given of it, yet it possesses some medicinal virtues. It sensibly raises the pulse, increases the secretions, and sometimes opens the body, or occasions vomiting.

A pint of it may be drank daily, or more, if the stomach can bear it. It is generally ordered to be taken on an empty stomach, viz. four ounces morning and evening, and the same quantity about two hours after breakfast and dinner.

W H E Y S.

Alum Whey.

Boil two drachms of powdered alum in a pint of milk till it is curdled; then strain out the whey.

This whey is beneficial in an immoderate flow of the *menfes*, and in a *diabetes*, or excessive discharge of urine.

The dose is two, three, or four ounces, according as the stomach will bear it, three times a day. If it should occasion vomiting, it may be diluted.

Mustard Whey.

Take milk and water, of each a pint; bruised mustard-seed, an ounce and a half. Boil them together till the curd is perfectly separated; afterwards strain the whey through a cloth.

Z

This

This is the most elegant, and by no means the least efficacious method of exhibiting mustard. It warms and invigorates the habit, and promotes the different secretions. Hence, in the low state of nervous fevers, it will often supply the place of wine. It is also of use in the chronic rheumatism, palsy, dropsy, &c. The addition of a little sugar will render it more agreeable.

The dose is an ordinary tea-cupful four or five times a-day.

Scorbutic Whey.

This whey is made by boiling half a pint of the scorbutic juices in a quart of cow's milk. More benefit, however, is to be expected from eating the plants, than from their expressed juices.

The scorbutic plants are, bitter oranges, brooklime, garden scurvy-grass, and water-creffes.

A number of other wheys may be prepared nearly in the same manner, as orange whey, cream of tartar whey, &c. These are cooling pleasant drinks in fevers, and may be rendered cordial, when necessary, by the addition of wine.

WINES.

The effects of wine are, to raise the pulse, promote perspiration, warm the habit, and exhilarate the spirits. The red wines, besides these effects, have an astringent quality, by which they strengthen the tone of the stomach and intestines,
and

and by this means prove serviceable in restraining immoderate secretions.

The thin sharp wines have a different tendency. They pass off freely by the different excretories, and gently open the body. The effects of the full-bodied wines are, however, much more durable than those of the thinner.

All sweet wines contain a glutinous substance, and do not pass off freely. Hence they will heat the body more than an equal quantity of any other wine, though it should contain fully as much spirit.

From the obvious qualities of wine, it must appear to be an excellent cordial medicine. Indeed, to say the truth, it is worth all the rest put together.

But to answer this character, it must be sound and good. No benefit is to be expected from the common trash that is often sold by the name of wine, without possessing one drop of the juice of the grape. Perhaps no medicine is more rarely obtained genuine than wine.

Wine is not only used as a medicine, but is also employed as a *menstruum* for extracting the virtues of other medicinal substances; for which it is not ill adapted, being a compound of water, inflammable spirit, and acid; by which means it is enabled to act upon vegetable and animal substances, and also to dissolve some bodies of the metallic kind, so as to impregnate itself with their virtues, as steel, antimony, &c.

Anthelmintic Wine.

Take of rhubarb, half an ounce; worm-feed, an ounce. Bruise them, and infuse without heat

Z 2

in

in two pints of red port wine for a few days, then strain off the wine.

As the stomachs of persons afflicted with worms are always debilitated, red wine alone will often prove serviceable: it must, however, have still better effects when joined with bitter and purgative ingredients, as in the above form.

A glass of this wine may be taken twice or thrice a-day.

Antimonial Wine.

Take glass of antimony, reduced to a fine powder, half an ounce; Lisbon wine, eight ounces. Digest, without heat, for three or four days, now and then shaking the bottle; afterwards filter the wine through paper.

The dose of this wine varies according to the intencion. As an alterative and diaphoretic, it may be taken from ten to fifty or sixty drops. In a large dose it generally proves cathartic, or excites vomiting.

Bitter Wine.

Take of gentian root, yellow rind of lemon-peel, fresh, each one ounce; long pepper two drachms; mountain wine, two pints. Infuse without heat for a week, and strain out the wine for use.

In complaints arising from weakness of the stomach, or indigestion, a glass of this wine may be taken an hour before dinner and supper.

Ipecacuanha

Ipecacuanha Wine.

Take of ipecacuanha, in powder, one ounce; mountain wine, a pint. Infuse for three or four days; then filter the tincture.

This is a safe vomit, and answers extremely well for such persons as cannot swallow the powder, or whose stomachs are too irritable to bear it.

The dose is from one ounce to an ounce and a half.

Chalybeate or Steel Wine.

Take filings of iron, two ounces; cinnamon and mace, of each two drachms; Rhenish wine, two pints. Infuse for three or four weeks, frequently shaking the bottle; then pass the wine through a filter.

In obstructions of the *menfes*, this preparation of iron may be taken, in the dose of half a wine-glass twice or thrice a-day.

The medicine would probably be as good if made with Lisbon wine, sharpened with half an ounce of the cream of tartar, or a small quantity of the vitriolic acid.

Stomach Wine.

Take of Peruvian bark, grossly powdered, an ounce; cardamon seeds, and orange peel, bruised, of each two drachms. Infuse in a bottle of white port or Lisbon wine for five or six days; then strain off the wine.

This wine is not only of service in debility of the stomach and intestines, but may also be taken

as

as a preventative, by persons liable to the intermittent fever, or who reside in places where this disease prevails. It will be of use likewise to those who recover slowly after fevers of any kind, as it assists digestion, and helps to restore the tone and vigour of the system.

A glass of it may be taken two or three times a-day.

Dropsey Wine.

Take nutmegs bruised No. 8, broom ashes six spoonfuls, mustard seed bruised six drachms, horse-radish scraped half an handful, steel prepared with vinegar an ounce, mountain wine two quarts, let it stand in infusion three or four days, then strain it off. The dose is a gill glass three or four times a-day.

This was a late eminent Physician's prescription, and seems very well calculated for being serviceable in dropfical cases. The broom-ashes, mustard, &c. being very powerful in freeing the cells of the muscles, or cavity of the belly, from its load of water, whilst the steel braces up and invigorates those parts which have been greatly overstretched by the quantity of water contained in them.

A P P E N D I X.

AFTER PAINS.

Take spermaceti and white sugar of each two scruples, make it into a powder, then add laudanum ten drops. Mix. It is to be taken in a little warm gruel soon after delivery, and it will greatly restore a woman worn out with hard labour.

BLEEDING.

Electuary against Spitting of Blood.

Take white poppy and henbane seeds of each half an ounce, conserve of red roses one ounce and half, syrup enough to make it into an electuary. The dose is the bigness of a nutmeg twice or three times a-day.

Mr. Boyle bestows great encomiums on this electary, for effecting what its title expresses; and, indeed where the mouth of a small vessel is hindered from closing by the impetuosity of the circulation, this medicine bids fair to make it subside by the cooling qualities it is endued with. A draught of the nitrous infusion drank after each dose would be likely to render it more efficacious.

Styptic Powder.

Take roach allum and dragon's blood of each two drachms, reduce it to a fine powder, and divide it into twelve parts, one of which is to be taken every night and morning, with a quarter of a pint of the water against spitting of blood.

This

This is an excellent composition against the disease it is levell'd at, and cannot be improved unless half an ounce of bark is added to it, and given as directed. It is very efficacious in every flux of blood, both external and internal.

BIRTH TO HASTEN.

Powder to Hasten Delivery.

Take castor and saffron of each ten grains, borax one scruple, oil of cinnamon one drop; make it into a powder to be taken in a little Mountain wine.

This powder is useful to keep up the spirits and assist the pains of a woman in labour.

BURNS.

Take yellow basilicon, ointment of Elder, and ointment of white lead with camphire, of each an ounce. Mix them well together. Dress once a-day.

This answers its intention very well, and was constantly used in burns or scalds by a late eminent Surgeon in London.

CONVULSIVE DISORDERS—*Powder against.*

Take ten grains of musk in a spoonful or two of any kind of syrup, washing it down with a glass of white wine.

In all convulsive disorders, no medicine equals the musk, yet a drop or two of oil of cinnamon on a lump of sugar will very often cure the hiccups.

Fevers

COUGHS.

Pectoral Decoction.

Take pearl barley, figs and raisins stoned, of each two ounces, anise-seeds and liquorice of each half an ounce. Boil these ingredients in three pints of water till it is reduced to a quart. Strain it off, and drink a quarter of a pint warm three times a day.

This is a good medicine for coughs, and not far advanced ulcerations of the liver.

Pectoral Cooling Decoction.

Add, to the above pectoral decoction, salt-petre three drachms. The dose is as before.

Where hectic heats attend on coughs, this is a very good addition.

Pectoral Strengthening Decoction.

Take of the pectoral decoction, without salt-petre, a quart, water a pint, Peruvian bark in fine powder two ounces. Boil it till a pint is boiled away; then strain it off, and add *Aqua Mirabilis*, or plain brandy, six spoonfuls. The dose is four large spoonfuls three or four times a-day.

All the dispensaries in the world cannot furnish us with a more noble medicine than this, for carrying off hectic fevers, night sweats, and, in short, for giving relief in every stage of a consumption. In intermitting fevers, likewise, attended with a cough, it is very successful, and the best way of administering the bark. When

A a

it

it is given in consumptions, the patient should take the bigness of a nutmeg of the balsamic electary with the morning and evening dose. If the violence of the cough prevents his taking proper rest, he should take six grains of Storax pill every night going to bed.

FEVERS INFLAMMATORY.

Fever Powders, No. 1.

Take nitre one drachm, compound powder of contrayerva one drachm and half, snake-root in fine powder one drachm. Make it into a powder to be divided into six parts, one of which is to be taken every six hours in balm tea.

These are intended to open the pores, and carry off the malignancy of fevers by perspiration. They are useful in nervous fevers, and likewise in those of a putrid kind; the contrayerva and snake-root being both great enemies to putrefaction. In giving nitre you ought always carefully to attend to the pulse; if it sinks beyond its proper state, your dose of it must be lessened, if it rises and is too strong and full, you must either increase your dose of nitre, or leave out the snake-root.

No. 2.

Take compound powder of contrayerva a drachm and half, nitre and diaphoretic antimony of each one drachm. Mix, divide, and take them as the others.

These are intended chiefly for fevers of the eruptive kind, where nature makes an effort to discharge

discharge the morbid matter, that constitutes the disease, on the skin.

No. 3.

Take diaphoretic antimony not washed twenty grains, emetic tartar two grains. Mix. Half of it might be given first, and the remainder three or four hours after, if the first is not attended with any remarkable effect; but in case it is, the patient may stay six or eight hours before he takes the last.

Many people affirm that this possesses the virtues, and differs very little from the composition of Dr. James's powders. Indeed it often acts in the same manner.

FEVERS NERVOUS.

Saline Julep.

Take salt of wormwood two drachms, fresh lemon-juice six large spoonfuls, pure water thirteen spoonfuls, French Brandy a wine glass full, white sugar half an ounce. Mix. The dose of this julep is four spoonfuls every six hours.

This julep requires our particular regard, none being more useful in carrying off feverish complaints, and appeasing the tumultuous tide of the blood. It settles the stomach, stops vomiting, is excellent in the jaundice and all bilious complaints. In fevers of the low kind, where nitre is too cold, or apt to purge the patient, this affords remarkable relief, especially if two spoonfuls of the tincture of bark be substituted in the room of two of the brandy.

FEVERS PUTRID.

Infusion of Snake-Root.

Take snake-root an ounce, boiling water a pint and half, let it stand in an earthen vessel closely stopped for the space of an hour, drink a tea-cupful of it three or four times a day.

In slow fevers, where the pulse and spirits are very low, this infusion deserves to be recommended. It is endued with this good quality, that, whilst it elevates the spirits and pulse, at the same time it suppresses the fever.

Tincture of Bark.

Take Peruvian bark in powder two ounces, orange peel sliced an ounce and half, snake-root bruised three drachms, saffron four scruples, cochineal two scruples, French brandy a pint and a quarter. Let them infuse six or seven days, then strain it off, and filtre it through paper. The dose is from one drachm to half an ounce, every fifth, sixth, or eighth hour.

Dr. Huxham is the author of this tincture, and has given it in the course of many years with the greatest success in intermitting, slow, or nervous fevers; and likewise in the decline of putrid, spotted, or pestilential fevers. It is almost a specific in the putrid sore throat. It is a fine stomachic, and a proper preservative against, or preparative to pestilential disorders. When it is intended as such, let a large spoonful be taken in a glass of white wine, the first thing every morning, and also an hour before dinner. It raises the depressed spirits in slow fevers, and joined
with

with the saline julep, conquers the fever, though perhaps there is no intermission. It braces up the solids, and prevents a farther dissolution of the crasis of the blood.

H E A D - A C H.

Cephalic Pills.

Take cinnabar of antimony finely levigated two drachms, galbanum a drachm, Russia castor in powder two scruples, oil of rosemary twenty drops, syrup enough to make it into a mass; from every drachm make ten pills. The dose is four, night and morning.

In head-achs, that proceed from hysteric disorders, or obstructions in the capillary vessels of the brain, these pills are most excellent, but they should be assisted by proper evacuations and warm baths to the feet.

Vomiting Powder.

Take half a drachm of ipecacuanha in a spoonful or two of camomile flower or carduus tea. Work it off with the same.

If immediate vomiting is necessary, as in apoplexies, give twenty grains of the salt of vitriol in a spoonful or two of any liquid, but when there is no immediate haste required, you cannot make use of a more safe, easy, and efficacious medicine than this; nay, what recommends it still more is, that after it has discharged the stomach of its contents, it leaves a binding quality behind it to brace up those muscles which have been stretched in urging.

ITCH.

ITCH.

Ointment for the Itch, No. 1.

Take sulphur vivum three ounces, crude sal ammoniac two drachms, rub it fine, and then add thirteen ounces of hog's lard. Anoint the affected parts with it twice a day before a good fire.

Ointment for the Itch, No. 2.

Take hellebore powder an ounce and a half, elicampane three drachms, white præcipitate a drachm, oil of tartar half an ounce, essence of lemons or ambergrease a dram, hog's lard fourteen ounces. It is to be used as the former.

Those people who will not bear the smell of sulphur may use the last of these ointments, being the next in efficacy to preparations of that kind.

RUPTURES.

Strengthening Fomentation.

Take ground oak bark three ounces, pomegranate peel half an ounce, Smith's forge-water three pints; boil it to a quart, and add whilst hot Roach alum a quarter of an ounce. It must be applied twice a day to the affected parts as warm as the patient can bear.

This is a very serviceable remedy for Ruptures that invade young children, and is very efficacious in checking fluxes of the belly.

Electuary

Electuary to dispel Wind.

Take angelica-seed, parsley and caraway-seed of each equal parts; powder them, and with syrup make them into an electuary, of which a tea-spoonful might be taken twice a day, with a draught of camomile-flower tea.

SCURVY IN THE GUMS.

Gargle for a sore Mouth.

Take honey of roses and simple tincture of myrrh of each an ounce, rose-water two ounces. Mix them. Rinse the mouth well with a spoonful of it often.

This cleanses and heals all ulcers of the tongue, mouth, and gums. If the body should be costive and hot, a dose or two of cooling physic will be necessary. It is likewise serviceable in curing the scurvy of the gums, and fastening the teeth.

Powder for the Teeth, No. 1.

Take the white ashes that remain in the pipe after the tobacco is burnt out, and rub your teeth with it on a soft rag every morning as soon as you get up, rinsing your mouth afterwards with cold water.

We are indebted to Mr. Boyle for this receipt. It whitens the teeth, and if used constantly prevents the tooth-ach.

No. 2.

Take myrrh in powder two drachms, tartar of vitriol a drachm. Mix them well together, and use it as the first.

The

The intention of this dentifrice is to fasten loose teeth, by destroying the spongy flesh on scorbutic gums, and dissolving the tartar that incrusts the teeth.

STRAINS.

Cataplasm for recent Strains.

Take bran and vinegar, sufficient quantities of each to make a poultice. Apply it cold, and renew it as often as it grows dry.

This is a very useful application, and will afford great relief, if used soon after the accident. But the opodeldoc should be used in three or four days, to complete the cure.

Opodeldoc.

Take spirits of wine a quart, castile soap three ounces, camphire an ounce, oils of origanum, rosemary and lavender, of each two drams. Shave out the soap very fine, and dissolve it in the spirits of wine before a very gentle fire, then add the camphire, and, as soon as that is dissolved, the chemical oils.

This is a good and easily prepared opodeldoc, and a very useful application in strains or bruises, after a day or two using the vinegar poultice.

TOOTH-ACH.

Tincture for the Tooth-Ach.

Take spirit of wine half an ounce, opium cut very small twelve grains, let it stand till the opium is dissolved, then add camphire two drachms, oil of box forty drops. Mix.

When

When teeth are decayed, nothing generally but drawing will relieve their pains ; if any thing will, it must be this. It is a proper composition, and very efficacious. The receipt was originally brought from Turkey, and communicated to the author as a wonderful secret.

VOMITING TO STOP.

Mixture to stop Vomiting.

This is made by adding half a dram of liquid laudanum to half a pint of the saline julep. The dose is two spoonfuls every two or three hours.

WORMS.

Æthiops Powders for Children.

Take Æthiops mineral two drachms, divide it into six papers, and give the child one every night and morning in a little syrup, treacle, or honey. This is a dose for a child of ten years of age. They should be continued some time.

Many people dispute the virtues of Æthiop's, but we may regard it in a middle light, being neither too fond of it, as some people are, nor despising it as many others do. It is useful against worms, diseases of the skin, and rickets. If half a drachm of rhubarb powder be joined with this quantity, it will render it more prevalent.

Tin Powder.

Take of powdered tin two drachms three mornings following. It is a dose for a grown person, and might be taken in treacle or honey. It is

B b

very

very efficacious in destroying worms, especially of the flat sort ; but a dose of the purging worm-powder should be given before, and another after these.

Common Worm Powder.

Take leaves of southern wood, flowers of tansey, wormwood and corolline of each half an ounce. Reduce into a powder. The full dose is one drachm twice a day, with half a pint of quicksilver decoction.

Purging Worm Powder.

Take rhubarb powder half a drachm, calomel prepared six grains, scammony four grains, oil of mint one drop. Reduce it to a fine powder. This is a good dose for a strong constitution ; for younger or weaker people the dose must be lessened. It should be given once or twice before either of the fore-mentioned worm-powders, and once afterwards. It is an excellent purge for children in every case where purging is necessary, it acting very efficaciously on the slimy juices with which children's bowels are generally stuffed.

ROYAL HUMANE SOCIETY.

Directions for the recovery of the apparently Dead.

I. The restoration of heat is of the greatest consequence to the return of life: when, therefore, the body is taken out of the water the cloaths should be stripped off, or, if naked at the time of the accident, it must be covered with two or three coats, or a blanket. The body should then be carefully conveyed to the nearest house, with the head a little raised.—In cold and damp weather, the person should be laid on a bed, &c. in a room that is moderately heated:—In summer, on a bed exposed to the rays of the sun, and not more than six persons admitted, as a greater number may retard the return of life. The body is to be well dried with warm cloths, and gently rubbed with flannels sprinkled with rum, brandy, gin, or mustard—Fomentations of spirits may be applied to the pit of the stomach with advantage. A warming-pan covered with flannel should be lightly moved up and down the back; bladders, or bottles filled with hot water, heated bricks, or tiles wrapped up in flannel, should be applied to the soles of the feet, palms of the hands, and other parts of the body.

II. Respiration will be promoted by closing the mouth and one nostril, while, with the pipe of a bellows, you blow into the other with sufficient force to inflate the lungs; another person should then press the chest gently with his hands, so as to expel the air. If the pipe be too large for the

B b 2

nostrils,

nostrils, the air may be blown in at the mouth. Blowing the breath can only be recommended when bellows cannot be procured.

III. The bowels should be inflated with the fumes of tobacco and repeated three or four times within the first hour; but, if circumstances prevent the use of this vapour, then clysters of this herb, or other acrid infusions with salt, may be thrown up with advantage. The fumigating machine is so much improved as to be of the highest importance to the public; and, if employed in every instance of apparent death, it would restore the lives of many of our fellow-creatures, as it now answers the important purposes of fumigation, inspiration, and expiration.

IV. Agitation has proved a powerful auxiliary to the other means of recovery; one or more of the assistants should, therefore, take hold of the legs and arms, particularly of boys, and shake their bodies for five or six minutes; this may be repeated several times within the first hour. When the body is wiped perfectly dry, it should be placed in bed between two healthy persons, and the friction chiefly directed, in this case, to the left side, where it will be most likely to excite the motion of the heart.

V. When these methods have been employed for an hour, if any brewhouse, bakehouse, or glasshouse, be near, where warm grains, ashes, lees, &c. can be procured, the body should be placed in any of these moderated to a degree of heat very little exceeding that of the person in health. If the warm bath can be conveniently obtained,

obtained, it may be advantageously used in conjunction with the earliest modes of treatment.

VI. Electricity should be early employed, as it will increase the beneficial effects of the other means of recovery on the system. "The electrical shock," says Mr. Kite, in his Essay on the Recovery of the apparently Dead, "is to be admitted as the test or discriminating characteristic of any remains of animal life; and so long as that produces contractions, may the person be said to be in a recoverable state; but when that effect has ceased, there can no doubt remain of the party being absolutely and positively dead."

VII. If convulsions, or other signs of returning life appear, a tea-spoonful or two of warm water may be put into the mouth; and if the power of swallowing be returned, a little warm wine, or brandy and water may be given. When this gradual approach towards recovery is observed, and breathing returned, let the person be put into a warm bed, and if disposed to sleep, as is generally the case, give no disturbance, and he will awake almost perfectly recovered.

The above methods are to be used with vigour for three or four hours; for it is a vulgar and dangerous opinion to suppose persons are irrecoverable, because life does not soon make its appearance; an opinion that has consigned an immense number to the grave, who might have been restored to life by resolution and perseverance.

Bleeding

Bleeding should never be employed in such cases, unless by the direction of one of the medical assistants, or some other respectable gentleman of the faculty, who has paid attention to the subject of suspended animation.

On the first alarm of any person being drowned, let hot water, flour of mustard, warm blankets, hot flannels, flat bottles filled with hot water, a heated warming-pan, bellows, brandy, hartshorn drops, and an electrifying machine, be procured. These articles being immediately employed, may be productive of restoring many useful and valuable lives.

The common people will often restore life by pursuing the plans now recommended; but, if gentlemen of the faculty can be obtained, their assistance should be immediately requested, as their skill will lead them judiciously to vary the methods of treatment, and, in a variety of accidents, many more lives will be restored to the community and to their families.

The above means of restoration have proved efficacious in apparent sudden death, by convulsions, suffocations, intoxication, hanging, intense cold, and the tremendous stroke of lightning.—When persons are frost bitten, they should be rubbed with snow, previous to their being brought into a warm room. In suffocation, occasioned by the fumes of sulphur, charcoal, &c. dashing the face and breast with cold water has been known to restore life.

* * * Publicans and others, who have been deterred from receiving the apparently dead into their houses, or giving immediate assistance, under an apprehension of legal punishment or penalties, are now informed, that the Committee have obtained the following opinion of an eminent Special Pleader :—" It is a misdemeanour by the common law, and an indictable offence, to prevent the Coroner from doing his duty, or to obstruct him in the execution of it. But the meddling with a body apparently dead, for the purpose of preserving life, is not a transgression of the law in either of these respects; nor do I know any statute by which such an act is prohibited."

All persons who immediately admit the drowned, or otherwise suffocated, and afford assistance in the various instances of apparent death, will be indemnified by the Managers of this Institution; and are informed that the charges of burial, in unsuccessful cases, will be paid by the Royal Humane Society.

